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**Dementia Support Group 2019**

**January 15th-**Dementia: What Is It?

**February 19th-** Help! Where Can I Get It?

**March 19th-** Useful Tools, Devices, and Supplies

**April 16th-** Better Communication

**May 21st-** Your Turn: Caregivers Share Ideas #1

**June 18th-** Caregiver Self Help/Recognizing Burnout

**July 16th-** Understanding Behaviors

**August 20th-**Your Turn: Caregivers Share Ideas #2

**September 17th-** Grieving Loss While Caregiving

**October 15th-**Advanced Care and End of Life Planning

**November 19th-**Stories from the Heart: Families Share Their Stories

**December:** No group; Happy Holidays!

***Meeting Time: 12:30 PM-1:30 PM in Upstairs Conference Room***

***Light Lunch Provided***