# Dementia Caregivers Virtual Support Group

# Fridays @ 10 am

### Connection

Join and connect with other individuals who share similar experiences caring for a loved one with dementia.

## **Coping Skills**

Develop healthy coping skills to reduce stress, prevent caregiver burnout, and be a better caregiver to your loved one.

#### **Education**

Learn from a licensed therapist about dementia, caregiving, and behavioral interventions.

#### Comfort

Virtual group therapy allows you to attend groups in the comfort of your own home without worrying about making it to your appointments on time.

Groups are open to friends, family, proffesional caregivers, and anyone else who interacts with or cares for individuals with dementia and related diseases. Private pay and insurance is accepted.

Call today to register! (504) 356-1469





www.rowecounselingservices.com allan@rowecounselingservices.com (504) 356-1469