



PRESENTED BY:

Alzheimer's Association of Northwest Ohio

AUGLAIZE COUNTY

CAREGIVER SUPPORT GROUP

Held on the third Thursday of each month

1:00 pm to 2:00 pm

Otterbein Senior Lifestyle Choices

11230 State Route 364

St. Marys

MERCER COUNTY

CAREGIVER SUPPORT GROUP

Held on the third Thursday of each month

4:00 pm to 5:00 pm

Mercer County Council on Aging

Annex Building

217 Riley Street, Celina

Please register by calling our helpline at 800-272-3900

Visit alz.org/nwohio to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected, our online community, at alzconnected.org

Build a support system with people who understand.

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for individuals caring for a loved one with dementia to:

- Develop a support system
- Exchange practical information on challenges and possible solutions
- Talk through issues
- Share feelings, needs and concerns
- Learn mindfulness techniques to bring some balance to challenging days