



Dementia Caregiver Support Group

Why join a support group?

- Be a part of a community that understands you
- Learn new caregiving & coping techniques
- Improve your mental & spiritual health to prevent caregiver burnout



Details:

- Date: 2nd Thursday of the month
- Time: 4:30pm
- Location: Lied Public Library

Get involved!

Contact **Debra Arbuckle**
712-542-2388
debraa@waubonsiemhc.com

<https://dementiafriendlyiowa.org/communities/dementia-friendly-clarinda/>