



# Silver Linings

**FIRST WEDNESDAY OF THE MONTH**

**Time 2:00 P.M TO 3:30 P.M. at Wings in Alma  
Starting November 2, 2022**

Caregiving is hard. Even when you love someone you are caring for a caregiver may experience anger, frustration, grief. A caregiver support group can act as a positive outlet providing caregivers regular time for social interaction outside of the home. This group offers a safe place where any negative emotions about caregiving can be expressed and validated helping participants feel they are not alone.

Caregivers can gather ideas on how others deal with the everyday challenges of caring for a loved one during each of the stages of dementia. You may find that you can help others experiencing where you've already been. Remember, laughter, taking care of yourself, and planning for the future are essential to well-being.

Call Katrina Dementia Care Specialist at 715-279-7870 for more information!