



FamilyMeans
CAREGIVING & AGING

Join us for Memory Club!

A 10-week program for people in early stages of dementia and their partners.

Thursdays, February 21 – April 25, 2019
10am - Noon

FamilyMeans
1875 Northwestern Ave. S
Stillwater, MN 55082

The Memory Club is designed to meet the needs of both the person with memory loss and a family member or friend. Many families report that meeting others in the same situation is helpful in moving forward with their lives after diagnosis. One-half of each session (total of 10 sessions) is devoted to topics that address the entire group, and the second half is spent in private peer groups: one for people with memory issues and one for their partners.

The goals of Memory Club are to provide:

A safe environment to learn more about the disease and to be able to share experiences and ask questions.

An opportunity to develop friendships and talk with others about the experiences of memory loss.

For more information, please contact:
Sarah Gavin, Caregiving & Aging Social Worker
sgavin@familymeans.org - 651.789.4004
Interview and pre-registration is required.