

support group facilitator training

Support Groups provide an opportunity for family members, friends, caregivers and other interested individuals to meet regularly for mutual emotional support, and to exchange coping skills with one another in regards to Alzheimer's disease and other related dementias.

Support group facilitators volunteer to lead or co-lead a family support group. The support group facilitator helps to guide group interaction focused on acceptance, active listening, empathy and assistance with problem solving.

- **Learn** the process of starting an Alzheimer's caregiver support group.
- **Gain** skills to help and encourage caregivers to share concerns and feelings.
- **Discuss** the group dynamics and how to handle various 'personalities' in groups.
- **Help** us to enhance the quality of life for the caregivers of individuals affected by Alzheimer's disease and related dementias.

Location:

Alzheimer's Association
20300 Civic Center Dr #100
Southfield, MI 48076
(enter front door off Central Park)
To RSVP for the training contact
Treena at 248-996-1058

Date:

Wednesday, March 14, 2012 10:00 am—1:00 pm
Training Fee: \$40.00 per person Light lunch provided

Enhancing the quality of living of all persons affected by Alzheimer's disease and other dementia related disorders by providing leadership, programs/services, advocacy and research support.