



ALZ at Katy Fussell Senior Center **5370 E 5th St, 77493**

Katy Fussell Caregiver Support Group

3rd Monday of each month

12pm - 1pm

**Build a support system with
people who understand.**

Support groups are a safe place for people living with dementia and their care partners to:

- develop a support system
- exchange practical information
- talk through issues and ways of coping
- share feelings, needs and concerns.

Supervision will be provided for seniors unable to be left alone

Lunch & Learns

3rd Monday of each month

12pm - 1pm | Light lunch provided!

Building Foundations of Caregiving
Monday, March 17

Supporting Independence

Monday, May 19

Communicating Effectively

Monday, July 21

Responding to Dementia-Related Behaviors

Monday, September 15

Exploring Care & Support Services

Monday, November 17

CALL 800-272-3900 TO REGISTER TODAY 

Call the Fussell Center at 281-391-4837 for questions on the group. Visit alz.org/texas to learn more about caregiver and resources.

To further extend your network of support, visit ALZ connected, our online community, at alzconnected.org