

# WEEKLY SUPPORT GROUPS



*Try Town Square  
University Parkway  
FREE Respite During  
Support Group  
941-277-5048*

**COUPON**

**1ST**

**MONDAY**

6 PM - 7 PM

## **Caregiver Support Group for Adult Children**

Facilitated by Denise Gibson, CDP. A virtual support group for adult children caring for parents or navigating this transition. Zoom link required.

**1ST**

**TUESDAY**

3 PM - 4 PM

## **Parkinson's Care Partner Support Group**

Join Town Square & Fox Rehab for their monthly Parkinson's Support Group. Helping caregivers navigate the challenges of Parkinson's.

**2ND**

**TUESDAY**

2:30 PM - 4 PM

## **Dementia/ALZ Care Partner Support Group**

Facilitated by Melissa Schlegel. This group helps provide caregivers with support, resources & information helping them navigate the disease while building connections.

**2ND**

**TUESDAY**

9:30 AM - 11 AM

## **Mild Cognitive Impairment Support Groups**

Facilitated by Pam Polowski and Lisa Endick. Support, resources, and shared strategies for caregivers and individuals with MCI. Education and separate support groups.

**3RD**

**TUESDAY**

2:30 PM - 4 PM

## **Younger Onset Care Partner Support Group**

Facilitated by Vanessa Best. It is designed to help caregivers & individuals (65 or younger) living with younger onset dementia to build support.

**4TH**

**TUESDAY**

2:30 PM - 4 PM

## **Dementia/ALZ Care Partner Support Group**

Facilitated by Melissa Schlegel. This group helps provide caregivers with support, resources & information helping them navigate the disease while building connections.

# DEMENTIA

## *Tools for Caregivers*

Town Square University Parkway offers *FREE* Support Groups (with respite), *FREE* Educational Classes, *FREE* Assessments, and a *FREE* Book for caregivers. We are here to be a resource for families living with a cognitive impairment. View our resources online.



## HELPFUL REMINDERS

- **AGREE - Never Argue**
- **DIVERT - Never Reason**
- **DISTRACT - Never Shame**
- **REINFORCE - Never Lecture**
- **REMINISCE - Never Say "Remember"**
- **REPEAT - Never Say "I Told You"**
- **DO WHAT THEY CAN DO - Never Say "You Can't"**
- **ASK - Never Demand**
- **ENCOURAGE - Never Condescend**
- **GO AT THEIR PACE - Never Rush**
- **RESPIRE IS KEY - Never Selfish**



### CONTACT

- 📍 8450 Lockwood Ridge Rd. Sarasota, FL
- 🌐 [TownSquare.net/UniversityParkway](https://TownSquare.net/UniversityParkway)
- 📞 941-277-5048