



## Caregiver Support Group: Suffield

**Presented by:**

**Alzheimer's Association**

**Connecticut**

Last Tuesday of the month  
11:00 a.m. - 12:00 p.m.

Suffield Community Aid  
450 South Street  
Suffield, CT 06078

To register call 1-800-272-3900  
or visit [alz.org/crf](http://alz.org/crf)

Visit [alz.org/crf](http://alz.org/crf) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at [alzconnected.org](http://alzconnected.org).

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

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.