

Dementia Support Group

AT ESKATON VILLAGE GRASS VALLEY

ESKATON[®]
— VILLAGE GRASS VALLEY —

1st Wednesday of Every Month • 2:30 p.m. - 4 p.m.



Join us as we learn how to navigate memory loss, develop new care techniques and share our experiences with one another.

Local Geriatric Nurse Consultant, Pepsi Helmuth, will offer counsel, guidance and education through this free monthly support group.

Topics of Discussion

- Understanding memory loss
- Communication skills
- Understanding behaviors
- Positive personal connection
- Addressing grief and anticipatory loss
- Navigating resources

For more information, call us at 530-273-1778