



3 great support group opportunities designed especially for caregivers.

SUPPORT PROGRAMS FROM



JAMES L. WEST

CENTER for DEMENTIA CARE

EDUCATIONAL SUPPORT GROUPS FOR CARE PARTNERS OF PERSONS WITH DEMENTIA

WEEKLY SUPPORT GROUPS

Every Wednesday
1 – 2 pm • Online

Every Friday
11 am – Noon • In-person at
James L. West Center

MONTHLY SUPPORT GROUPS

Second Saturday of Every Month
10:30 am – Noon • Online

The Saturday group focuses on working through the grief and embracing the joy of being a care partner.

All support groups are designed to help caregivers reduce their feelings of stress, depression, and anxiety, and to improve their coping skills and well-being. There is a topic of discussion each week, as well as time for open conversation.



Everyone is welcome to join our support groups!

Our Support Groups are led by Hollie Glover, Licensed Professional Counselor, Certified Grief Counseling Specialist, and Dementia Care Expert.

To join a group or for more information contact us at **817-877-1199**, hglover@jameslwest.org, or visit our website at www.jameslwest.org.

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The James L. West Center provides expert dementia care and education in Fort Worth and North Texas. We offer individualized memory care through our residential and respite services, short-term rehabilitation, senior day program, and dementia and caregiver education programs to enhance the quality and dignity of each person's life throughout the course of the disease process.

jameslwest.org | 817-877-1199 | 1111 Summit Avenue, Fort Worth, TX 76102

