

# Long Term Care Support Group

A six session support group for carer's of individuals with dementia who live in a long term care home.

## Session topics include:

**\*Adjusting to long term care**

**\*Exploring behaviours**

**\*Advocating and positive communication**

**\*Meaningful activities when visiting**



Dates: January 15, 22, 29, & February 5, 12, 19, 2019

Time: 3:00pm– 4:30pm

Location: St. Peter's Residence (125 Redfern Ave.)

To register please call: 905.529.7030