



## Families & Friends of Aging Adults Support Group

What is normal aging behavior? Where can I turn for help? How can I cope with my guilt? Does anyone understand how I feel?

If you struggle with any of these questions, this group may be for you. Our support group for Families & Friends of Aging Adults is designed specifically for those who are caregivers to older adults, and provides an opportunity to gather information, gain answers and grow.

What to expect:

- **Information** - Past topics have included financial planning, coping with hearing loss, dementia, Alzheimer's, depression, managing stress, guilt, and much more.
- **Ideas** - Fresh thoughts about how to manage, where to call, how to get help, how to solve problems.
- **Encouragement** - Other caregivers understand better than anyone else.
- **Support** - A positive atmosphere to help you face the challenging tasks involved in caregiving.
- **Confidentiality** - Your personal and family concerns are not shared outside the group.

New members are welcome to join at any time.

### When

For exact dates and times visit [pinerest.org/aging-adults](https://pinerest.org/aging-adults)

### Location

Thornapple Evangelical Covenant Church  
6595 Cascade Road SE  
Grand Rapids, MI 49546

**Cost**  
FREE

### For More Information

Please call Pine Rest  
at 616.281.6363 Ext: 2450



[pinerest.org/aging-adults](https://pinerest.org/aging-adults)