



## GULF COAST DEMENTIA SERVICES

# FREE DEMENTIA SUPPORT GROUPS

### Meeting information:

Dementia Support Group meetings are for caregivers or anyone interested in information about the disease.

Support groups are FREE, however a RSVP is encouraged, 251-300-0250.

Our support groups are designed to provide educational, emotional and social support for family and friends of individuals living with the disease. We encourage individuals to share their experiences and ask questions to help develop solutions to their concerns and challenges.

**Our FREE Support Groups meet:**  
**1<sup>st</sup> Thursday of the month at 2p-3p**  
**3<sup>rd</sup> Thursday of the month at 10a-11a**

Location:  
Gulf Coast Dementia Services  
2100 N Demetropolis Road  
Mobile AL 36693

**251-300-0250 – RSVP AND DIRECTIONS**

All information is kept confidential, we are here to help you with your situation.



*Gulf Coast Dementia Services is a non-profit supporting individuals and their families who suffer from Alzheimer's and Dementia.*



**SENIOR CARE**  
— ADVISORS —

