



Young Carers Support Group

Every 3rd Tuesday of every month
from 6:00 P.M. – 7:30 P.M.
online using Zoom, registration is required

Young carers (18 to 40 years old) play an important role in the lives of family members living with mild cognitive impairment or dementia. We provide emotional support, personal care, basic medical support, and practical care such as cooking or translating. At the same time, caring work can impact other areas of our lives, such as school, work, socializing, extra-curricular activities, and starting a family of our own.

This solution-focused, drop-in support group recognizes and supports the unique challenges and experiences of young carers (18 to 40 years old).

Each group session begins with a review of group rules and a short grounding exercise, followed by a care-and-share.

Group Objectives:

- To enhance existing knowledge of dementia and/or mild cognitive impairment, including resources and supports available.
- To share insights and experiences related to our personal caregiving journeys with peers in a supportive environment.
- To explore balancing caregiving with other areas of our lives.
- To acquire strategies related to self-care and care for our loved ones.
- To set the agenda and suggest topics for future discussion.

Register here:

https://alz.to/events/list/?tribe_paged=1&tribe_event_display=list&tribe-bar-search=young+carers