



**You are Invited to Participate in a Free, Non-denominational  
Support Group for Caregivers & Family of those with Dementia**  
Sponsored by Congregation Beth Shalom of the Blue Hills

**FACILITATED BY  
Philip Solomon**

**Licensed Mental Health Counselor**

**For over 20 years, Mr. Solomon has served as the leader of support groups for caregivers both with the Alzheimer's Association and the Alzheimer's Family Center in Florida.**

**DETAILS**

**One-hour sessions on the 1st and 3rd Monday of each month via Zoom**

**Time: 3-4pm**

**Max 7 participants/group**

**First come, first served with a waiting list as spots become available**

**GROUP GOALS**

**To have an open conversation of individual's experiences with their loved ones**

**To learn how to relate to dementia patients**

**To discuss:**

**The stages & types of Dementia**

**Some of the emotional difficulties faced by caregivers**

**The mental and physical difficulties faced by caregivers**

**The treatments for Dementia**

**INTERESTED?**

**Contact Philip Solomon**

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