

Group Therapy for Early-Stage Alzheimer's Disease

An eight-session therapy group for individuals diagnosed with early-stage Alzheimer's disease will be offered at The Memory Care Center.

Facilitated by Adrianna Foreman, LCSW, CDP
Clinical Social Worker

Purpose:

- Discover different ways of adapting and coping to the stresses of the disease
- Explore feelings, needs, and concerns related to the disease
- Process feeling associated with living in the early stages of the disease (e.g., fear, frustration, worry, guilt, anger, and other emotions) with others who have experienced similar feelings
- Understand the impact of the disease on relationship dynamics

Group members must:

- Participate in an individual intake evaluation prior to attending
- Demonstrate insight to diagnosis and implications
- Be willing to and interested in exploring thoughts and feelings related to disease; participate in give-and-take dialogue
- Commit to the majority of sessions
- Have a safe method of transportation to and from group sessions

Sessions are held twice per month
at The Memory Care Center
1260 Silas Deane Hwy, Suite 101
Wethersfield, CT 06109

Please **call (860) 545-7550** for more information and to register for the group.