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.