



## *Circle of Care Support Group*



When loved ones suffer from dementia, depression or other health issues, caring for them can seem overwhelming. You don't have to face it alone — the Circle of Care Support Group is here for you. Sponsored by Coosa Valley Medical Center, Circle of Care provides practical help and emotional comfort by connecting you with others who share the same challenges you're facing.

### *Strength in Numbers*

Circle of Care brings individuals and families together for mutual support in a caring, compassionate setting.

### *Helpful Assistance*

Learn about valuable community resources, including Meals on Wheels, public transportation, senior citizens' centers and CVMC's Senior Behavioral Health Center and Outpatient Clinic.

### *Learning From Others*

By sharing experiences and making connections, you'll learn useful coping skills and benefit from timely encouragement.

### *Our Mission Statement*

Created for families, Circle of Care strives to empower families who are coping with the diagnosis of dementia and other related disorders. Through the provision of knowledge of community resources, the opportunity of a caring, supportive environment, and the availability of education, we hope to help individuals and their loved ones maintain the highest quality of life possible.

### *Join Our Circle*

For more information about the Circle of Care Support Group, call CVMC's Senior Behavioral Inpatient Program at **(256) 401-4674**. The Circle of Care Support Group meets the 2nd Wednesday of each month, 11:00 a.m. to 12:00 p.m. in the CVMC Chapel. Light refreshments are served.

