



Champlain Valley Support Group

Presented by: Alzheimer's Association, Vermont Chapter

The Residence at Quarry Hill

465 Quarry Hill Rd
South Burlington, VT 05403

Meets regularly on the 3rd Saturday of the month 10:00-11:00a.m.

Facilitated by:

Dawn Plante, dplante@alz.org
Tanya Seeley, tseeley@residencequarryhill.com
For questions or to confirm details: 802.652.4114

A Walk in Their Shoes 11:00-11:30am

Following the support group, join us for "A Walk in Their Shoes." Allow us to take you through an experience to better create a positive environment for those with dementia. We will guide you through the challenges of compromised vision, hearing and dexterity which all affect cognition.

Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

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