

# Support Groups

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# Caregivers of Loved Ones With Dementia

Led by Susan MacQuiddy, these are support groups for those who care for loved ones with dementia.

Susan personally calls all members when they register to welcome them and confirm that the group is a good fit for them.

The group opens for registrations when journey groups open, and then closes in order to create trust and group cohesion.

# Grief Groups

We currently have grief groups three times a year;

November -January: Tangled Blessings, a seasonal grief group. This is the most popular group.

[https://drive.google.com/drive/folders/1DEXnLpCJ7uQdWtEJHyfiv-i77P18Is1q?usp=share\\_link](https://drive.google.com/drive/folders/1DEXnLpCJ7uQdWtEJHyfiv-i77P18Is1q?usp=share_link)

March-April: Grief Circle using Alan Wolfelt's Understanding Your Grief

[https://drive.google.com/drive/folders/1i\\_-qflkD6s4-nv7TQ3R28HQPWOi1DdLB?usp=share\\_link](https://drive.google.com/drive/folders/1i_-qflkD6s4-nv7TQ3R28HQPWOi1DdLB?usp=share_link)

July-September: Grief Circle using the work of Megan Devine.

[https://drive.google.com/drive/folders/1i\\_-qflkD6s4-nv7TQ3R28HQPWOi1DdLB?usp=share\\_link](https://drive.google.com/drive/folders/1i_-qflkD6s4-nv7TQ3R28HQPWOi1DdLB?usp=share_link)

# Caring in Complexity

This is a group for parents and caregivers of young adults who are living with complex mental health and medical needs. It was created by Jody Anderson and Cheryl Hazlitt.

Here is the curriculum: <https://docs.google.com/document/d/1cytB3a-tmadf5EwsxDxX2VHvWEIjk9NeAFpRpJswkvs/edit?usp=sharing>