

WHAT ARE SUPPORT GROUPS?

Our educational support groups provide a relaxed, comfortable environment for caregivers to share their experiences and learn from each other.

Our support group facilitators are trained to help caregivers address dementia specific issues, as well as manage the emotional toll of caregiving. We are committed to providing you with a safe environment to discuss your concerns so you receive the support, information, and resources you need.

Each of our groups is designed to provide a combination of both Support and Education. Our group facilitators often provide updated information about issues that are relevant to caregiving.

As a caregiver, you are invited to visit any of our support groups. We hope that you will find one that feels like "home" to you soon.

If you require respite services to attend a group, please contact us at 1.855.CARE.365.

BENEFITS OF SUPPORT GROUPS

People who care for loved ones with dementia are susceptible to cumulative stress due to the increasing responsibilities of their role. As a result, most caregivers are at an above average risk of stress-related illness.

Our educational support groups are designed to help caregivers adapt to their roles in ways that are both hopeful and effective. In addition to taking a break and socializing with others, caregivers appreciate the opportunity to talk through difficult choices.

Our groups focus on positive strategies for handling specific challenges and provide information about community resources. Most caregivers report feeling relieved after attending a support group.

Those who attend educational support groups often report feeling more satisfied with their choices and confident in their caregiving skills.

Covenant Care Support Groups:

- Confidential
- Free of charge

1.855.CARE.365
choosecovenant.org

ALZHEIMER'S CAREGIVER SUPPORT GROUP

Covenant Care Educational Support Group Schedule

FLORIDA LOCATIONS	Monthly Meeting Date	Time	Location	Address
Crestview	1 st Thursday	1:30 p.m.	Silvercrest Health and Rehabilitation Center	910 Brookmeade Drive, Crestview, FL
Destin/Miramar Beach	Last Tuesday	2:00 p.m.	Sacred Heart of the Emerald Coast FBP Conference Room	7800 U.S. Highway 98 West Miramar Beach, FL
Gulf Breeze	2 nd Thursday	10:00 a.m.	Gulf Breeze United Methodist Church	75 Fairpoint Drive, Gulf Breeze, FL
Fort Walton Beach	1 st Thursday	5:30 p.m.	Brookdale Fort Walton Beach To sign up contact 850.864.4600	233 Carmel Avenue Fort Walton Beach, FL
Laurel Hill	3 rd Thursday	2:00 p.m.	First Baptist Church of Laurel Hill	3972 2 nd Avenue, Laurel Hill, FL
Milton	2 nd Thursday	1:00 p.m.	Covenant Community Resource Center	6479 Caroline Street, Suite B, Milton, FL
Niceville	Last Wednesday	10:00 a.m.	Crosspoint Church Chandler Center Room 701	214 South Partin Drive, Niceville, FL
Panama City	3 rd Wednesday	10:00 a.m.	Superior Residences of Panama City	95 Grand Heron Drive, Panama City Beach, FL
Pensacola-Early Stage Group	1 st Wednesday	1:00 p.m.	For details contact 850.433.2155 June.Pouliot@choosecovenant.org	
Pensacola	1 st Tuesday	6:00 p.m.	Homestead Village	7830 Pine Forest Road, Pensacola, FL
Pensacola	2 nd Friday	2:00 p.m.	Azalea Trace, The Azalea Room	10100 Hillview Road, Pensacola, FL
Pensacola	2 nd Monday	2:30 p.m.	Pine Forest United Methodist Church	2800 Wilde Lake Blvd., Pensacola, FL
Pensacola For On-site Respite call 850.266.2503	3 rd Monday	2:30 p.m.	Council on Aging of West Florida	875 Royce Street, Pensacola, FL
Pensacola	4 th Monday	10:00 a.m.	Trinity Presbyterian Church, Room E	3400 Bayou Blvd., Pensacola, FL
Shalimar	3 rd Thursday	6:00 p.m.	Shalimar United Methodist Church	1 Old Ferry Road, Shalimar, FL
ALABAMA LOCATIONS	Monthly Meeting Date	Time	Location	Address
Brewton	1 st Monday	12:00 p.m.	D.W. McMillan Hospital Strandell Conference Room	1301 Belleville Avenue, Brewton, AL
Daphne	Last Wednesday	10:00 a.m.	The Brenny of Daphne Memory Care	27296 County Road 13, Daphne, AL
Daphne-FTD Caregivers	Last Wednesdays	5:30 p.m.	Baldwin House Assisted Living Res.	10171 Papa George St., Daphne, AL
Foley	1 st and 3 rd Thursdays	9:00 a.m.	Foley Senior Center	304 East Rose Street, Foley, AL
Spanish Fort	Last Sundays	1:30 p.m.	Westminster Village	500 Spanish Fort Blvd, Spanish Fort, AL