

## Join us for Navigating M.C.I. & Dementia

a 10-week Early Stage program for individuals with Mild Cognitive Impairment or Dementia and their care partners.

Many families report that meeting others in the same situation is helpful in moving forward with their lives after diagnosis.

The Navigating M.C.I. & Dementia group is designed to meet the needs of both the person with M.C.I. or Dementia and a family member or friend.

One half of each session (total of 10, 2-hour sessions) is devoted to topics that address the entire group, and the second half is spent in private peer groups: one for people with memory issues and one their partners.

**The goals of Navigating M.C.I. & Dementia are to provide:**

A safe environment to learn more about the disease and to be able to share experiences and ask questions.

An opportunity to develop friendships and talk about the experiences of memory loss.

*"I loved that we were able to share this experience...we learned so much as a couple and we both enjoyed being able to meet privately with our peers to talk openly about what we were going through."*



### Date

Every Wednesday  
June 12 through August 14

### Time

5:30pm to 7:30pm

### Location

Adult Day Services  
620 Carr Lake Road SE  
Bemidji, Mn

### Facilitators

Northwoods Caregivers  
Jenn, Karen, Glenda 333-8097

*Interview and pre-registration is required.*