

# Embracing Today

Memory Support Group

Caring for someone living with dementia—at any stage—can be both meaningful and incredibly challenging. This support group offers a compassionate, judgment-free space for care partners to share their experiences, talk through daily struggles, and receive encouragement from others who truly understand.

Together, we'll explore topics such as managing changing behaviors, communication strategies, caregiver stress and burnout, navigating role changes, self-care and resilience, community resources, and the emotional journey of caregiving. Whether you are just beginning the care journey or have been walking this path for years, you are welcome here.

**Come to connect.**  
**Come to learn.**  
**Come to feel less alone.**



**Third Tuesday**  
of each month

**2:00 - 3:00 pm**

**Lifespring Community Resource Room**

**Call 717-624-5272 to register.**



**CROSS KEYS VILLAGE**  
The Brethren Home Community

[WWW.CROSSKEYSVILLAGE.ORG/MEMORY](http://WWW.CROSSKEYSVILLAGE.ORG/MEMORY)