



**Free Caregiver Classes and Discussions for Care Partners**

“Care Partners” are those caring for a senior (with or without dementia). We welcome family, friends, professionals and staff. These are offered at no charge and sponsored by the Council on Aging St.Tammany (COAST), LA Gov’s Office of Elderly Affairs, & U.S. Admin on Aging.

**Facilitator:** Matt Estrade, MBA, Certified Aging in Place Specialist, Sr. Grad Student in Aging  
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**Objective of Support Groups:**

This support group is designed for participants to:

- Education
- Discussion
- Questions and Answers (Q & A)
- Understanding
- A place to vent where privacy is respected
- Focus on all caregiver situations, especially for Alzheimer’s and other dementias

<u>Slidell, LA</u> 1st and 3rd Tuesdays All times are: 9am - 10:30am Location: Slidell S. Center 610 Cousin St., Slidell, LA	<u>Covington, LA</u> 2nd and 4th Tuesdays All times are: 9am - 10:30am Location: Covington Sr. Center 500 Theard St., Covington, LA
January 5 (2016) Slidell Sr. Center January 19 Slidell Sr. Center	January 12 (2016) Covington Sr. Center January 26 Covington Sr. Center
February 2 Slidell Sr. Center February 16 Slidell Sr. Center	February 11 (Thurs) Covington Sr. Center February 23 Covington Sr. Center
March 1 Slidell Sr. Center March 15 Slidell Sr. Center	March 8 Covington Sr. Center March 22 Covington Sr. Center
April 5 Slidell Sr. Center April 19 Slidell Sr. Center	April 12 Covington Sr. Center April 26 Covington Sr. Center
May 3 Slidell Sr. Center May 17 Slidell Sr. Center	May 10 Covington Sr. Center May 24 Covington Sr. Center

\*Sign up to receive email updates and changes at [CarePartnerMentoring.com](http://CarePartnerMentoring.com) and email us..