

Online Dementia Friendship Group

Weekly drop-in for Dudley area.

Every Friday from 3pm to 4pm.

Are you caring for someone living with dementia, or have you received a dementia diagnosis yourself? Why not join our friendly and welcoming group.

- ✓ Connect with others who understand dementia
- ✓ Share practical ideas and everyday experiences
- ✓ Join in from the comfort of home
- ✓ Feel less isolated

Come along for a taster session – there's no obligation to attend every week. We send you the Zoom link by email, and can help you get started.

 Call: 0121 521 3033 / 0121 521 3033

 Email: blackcountryoffice@alzheimers.org.uk



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia