



NORTH SHORE AREA PARTNERS

Care Connections

<p>What</p>	<p>Memory Café is a fancy name for a support group we call, <i>Care Connections</i>. At Care Connections, we leave the diagnosis at the door, and help foster relationships between caregivers and the recipient. It's a place to enjoy one another's company while forming bonds and connections with others experiencing similar changes and challenges of life.</p>	
<p>Who</p>	<p><i>Care Connections</i> is open to PAST & PRESENT caregivers and those they take care of. Participants may be individuals with a traumatic brain injury, or with memory challenges found in aging and forms of dementia, but those who do not fall under those circumstances are also encouraged to participate. The group is facilitated by NSAP staff and volunteers.</p>	
<p>How</p>	<p>Meetups offer support surrounding memory challenges, but focus more on activities that provide fun, support, and promote peace and a sense of wellbeing through music, crafts, games, visits, exercise and other techniques.</p>	
<p>Where & When</p>	<p>Clair Nelson Center 6866 Cramer Rd, Finland</p> <p>2nd Wednesdays 10 – 11 am</p>	<p><i>As part of "Coffee Time for Caregivers"</i></p> <p>North Shore Area Partners 36 Shopping Center, Silver Bay</p> <p>3rd Thursdays 10:30 – 11:30 am</p>

Please contact NSAP's Care Navigator if you are interested in learning more.

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North Shore Area Partners dementia programs are funded by MN Department of Human Services - MN Board on Aging grants. However, individual contributions are critical to our work. Learn more about how you can support us by visiting www.nsapartners.org/donate.