



NORTH SHORE AREA PARTNERS

Care Connections

What

Memory Cafe is a fancy name for a support group we call, *Care Connections*. 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.

Who

Care Connections is open to caregivers and those they take care of. The participants are individuals with a traumatic brain injury, or with memory challenges found in aging and forms of dementia. The group is facilitated by NSAP staff and volunteers.

How

Meet-ups 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.

When

Check our activity calendar or call **218-226-3635**

Where

NSAP, 36 Shopping Center, Silver Bay



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

ericka@nsapartners.org | **218-353-1464**



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.