

Of Rock and Marquette Counties

December 18, 2023

**FOR IMMEDIATE RELEASE DEMENTIA PROGRAM**

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**Are you struggling through the holidays?**

**Learn to understand and cope with grief & loss.**

**Moving Forward:**

**Grief and Ambiguous Loss Associated with Dementia Caregiving**

The Aging & Disability Resource Centers of Rock and Marquette Counties are offering the 16-week grief and bereavement educational support group on Monday afternoons from 2-4pm beginning January 15 and running through April 29, 2024. This is a virtual group. There is no cost to attend. **Registration and screening are required.**

**Who is this group for?** The group is for anyone who is or has cared for someone with dementia. Caring for someone with dementia presents a constant series of losses and not just those related to death. Each session will cover a grief, loss and mourning topic followed by about 60 minutes of conventional support group discussion.

For more information or to register, please contact

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Marquette County Dementia Care Specialist, Melissa Klebs at 608/297-3148 or mklebs@co.marquette.wi.us

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