



Dementia Support Group

SECOND WEDNESDAY OF EACH MONTH 2026

10:00 a.m. to 11:00 a.m.

Sterling Heights Senior Center

40200 Utica Road

Sterling Heights, MI 48313

Register online at myshpr.net and search *dementia caregiver support group* under the registration tab.

Specially Designed for Families & Caregivers

If you are caring for someone with dementia, who is caring for you? You are not alone. This informational, supportive group will help you to learn more about the disease as well as understand their feelings about the changes dementia has made on their daily lives.

Support groups can also help you:

- Learn practical caregiving information.
- Get mutual support.
- Learn about your local community resources.
- Find solutions to challenging behavior.



Questions? Contact bjackson@arden-courts.com
or call 586-795-0998



AT ARDEN COURTS:

- The layout is residential by design
- There are visual cues to help maintain independence
- The community is organized into four separate “houses”
- Each “house” has its own living room, dining room, kitchen, bath, and laundry
- Community areas provide additional space for events, mingling, exercise, and fun
- Our enclosed, spacious courtyards offer safe walking paths, gardening opportunities, and seating areas

“Arden Courts is not only my mom’s home but the employees are now members of our extended family.”

