



Alzheimer's Caregivers

A weekly space for anyone caring for a loved one with Alzheimer's to share the emotional ups and downs, daily challenges, and moments of quiet strength. You'll be in a room where you can speak freely, be heard, and learn from others walking a similar path.



Led by trained therapists
who are here to guide.

What Can You Expect?

- Meet people who truly understand the caregiving journey.
- You'll be with folks who get the long days, the emotional toll, and the love that keeps you going.
- Discuss frustration, grief, guilt, joy, routines, and the realities no one warns you about.
- Everything stays in the group respectful listening and privacy guaranteed.
- Share practical tools that have helped you for others to benefit.



*Enjoy tea, coffee
after the session!*

Who Can Attend?

- Anyone 18 + caring for a parent, partner, grandparent, or friend with Alzheimer's
- Not for crisis intervention, but for ongoing peer support
- All genders and caregiving roles welcome

**Every
Friday,
5:30pm to 7:00pm**

**At Samarpan,
Churchgate, Mumbai**

Register for free at  **+91 91360 32440**