



# Benevilla® Caregiver Support Program

May 2025

Benevilla peer to peer caregiver support groups and educational sessions are free and open to the public. All events listed are being held at our NEW

**Benevilla Education Center**  
at the Bovard Building

Caregiver Support Groups		
Group Name	Group Description	Day and Time
<b>Dementia Caregiver Support Group</b>	This group is for those currently care for a loved one with cognitive impairment from Dementia, traumatic brain injury, or other medical conditions that may have caused memory loss.	Tuesday 9:30—11:00 am
<b>Life During Loss</b>	This group is for those navigating the grief process due to the expected loss of a loved one in the next 12-24 months or have recently lost a loved one in the past 12 months.	Wednesdays 9:30—11:00 am
<b>Rebuilding Life After Loss</b>	This group is for those whose caregiver journey has ended and they are looking for support as they start to build the next phase of their life.	Wednesdays 11:00 am—12:30 pm
<b>General Caregiving Caregiver Support</b>	This group is for caregivers of loved ones with various diagnoses who want to connect with other caregivers for support and encouragement.	Thursdays 9:30—11:00 am

## May Education Event

<b>Impact of Nutrition on Aging</b>	Learn how proper diet and nutrition can enhance energy levels, support cognitive function, and improve overall well-being as we age.	Tuesday May 6, 2025 1:00—2:00 pm
<b>A Better Day, Every Day: The Impact of Life Enrichment Programs</b>	Discover the many benefits of Life Enrichment Programs (LEPs) in this informative session. Learn how these programs offer social, cognitive, and physical engagement for older adults	Thursday May 8, 2025 1:00—2:00 pm
<b>When Bathing and Grooming Become the Battle.</b>	Learn how to approach persona care with empathy, patience and dignity for you and your loved one.	Thursday May 22, 2025 1:00—2:00 pm

**Registration requested for educational events.** Visit <https://benevilla.org/education-workshops-2025> for more educational events and to register or call 623-584-4999.