

Virtual Support Group

For Dementia Caregivers

PACIFIC
NEUROSCIENCE
INSTITUTE®
Brain Wellness &
LIFESTYLE

Join our online support group designed for family members and close friends taking care of a loved one living with any stage of dementia.

MEET YOUR FACILITATORS



Claudia Wong FNP-BC
Dementia Nurse Practitioner



Sarah Krystkowiak
Brain Coach, Doctoral Candidate
Clinical Psychology

- **Gain connection, education, and emotional support** in this welcoming space from others who understand the journey.
- **Managing cognitive and behavioral changes.** Through shared experiences, practical coping strategies, and peer as well as expert guidance, participants can gain valuable insights.
- **Expert facilitators** lead each session and focus on enhancing quality of life, emotional well-being, stress management, and community.
- **Rolling Enrollment** \$100 per month (4 sessions)

bit.ly/SupportGroup2026



Day & Time

Wednesdays, 3 - 4 pm PT



Location - Zoom

Link provided upon registration



SIGN UP



For more information, please contact:
213-344-2037 or Lifestyle@pacificneuro.org