

Memory Cafes – Not Your Traditional Support Group



Waukegan Park Place, Waukegan, IL
2nd Wednesday of each month
1:30 – 3:00 pm

You're probably familiar with Support Groups. People who attend the groups meet regularly and share similar problems; group members received support and advice from each other and often from a professional leader who doesn't share the same problems as the group members.

Memory Cafes also meet on a regular basis. The focus, however, is on building friendships and social connections with other people who have similar concerns... in this case, memory loss. Memory Cafés are attended by

- People with concerns about their own memory
- People with mild to moderate memory issues (and their care partners)
- Family members and care partners (caregivers) of a person with memory loss

Our Memory Cafés focus on social interaction and brain health activities. They are designed to be

- Safe, supportive, and engaging environments
- A place to relax and to share stories
- Personalized to the needs of the participants
- Offer engaging activities that support brain health
- Free of charge

**For questions and to offer ideas about the Park Place Memory Café program,
please call Park Place, 847-244-9242, or Chris Damon, 847-596-8226.**