
SEED: Support & Education for Early Dementia Program

Join us for an 8-week group for individuals with Alzheimer's disease or related disorders and their families. Group sessions will provide:

- Education and resources from professionals
 - Coping strategies
 - Discussion
 - Emotional support
-

Fall and Spring Sessions Offered

WEEK #1

Welcome and Introductions

WEEK #2

The Basics of Dementia

WEEK #3

Coping with Changes: Practical and Functional Interventions

WEEK #4

Coping with Changes: Maintaining Your Relationships and Disclosing the Diagnosis with Others

WEEK #5

Coping with Changes: Supportive Community Resources & Interventions

WEEK #6

Research Update and Opportunities

WEEK #7

Legal & Financial Considerations

WEEK #8

Life After SEED: Creative & Supportive Interventions and Q & A with Families Living with a Diagnosis
[Schedule is subject to change.]

INTERVIEW REQUIRED TO PARTICIPATE

There is a \$150 charge per person for the program (Scholarships are available)
Discount parking will be provided.

Please contact facilitators with any questions:

Lauren Dowden, MSW, LCSW
lauren.dowden1@northwestern.edu
312.503.0604

Darby Morhardt, PhD, LCSW
d-morhardt@northwestern.edu
312.908.9432

Joshua Kaplan-Lyman, AM, LCSW
jkl@northwestern.edu
312.503.5209