

Merrill Gardens at Mill Creek

**When Mental Health is an Issue:
A special program for
family caregivers**

Caring for someone with depression, declining memory, or other mental problems may be particularly stressful and difficult. Are there best strategies to cope with and manage these special challenges? Yes.

How can you respond to your loved one's mental illness while maintaining your own mental wellness?

Why will local Family Caregiver Support Program services make your life better?

Friday, November 4, 2011, 9 a.m. to noon. Doors open at 8:30.

Merrill Gardens at Mill Creek, 14905 Bothell-Everett Highway

Must pre-register. Contact Stefanie Novacek at 425 388 7019 or through e-mail: s.novacek@snoco.org

Please join us to find the resources to deal with these and other frequent questions. Local Community Resource Specialist available.

Space is Limited

This program is hosted by:

The Mental Wellness Committee – Snohomish County Council on Aging, Merrill Gardens at Mill Creek, Snohomish County's Information & Assistance, and the Alzheimer's Association.

