



BRAIN HEALTH CENTER GROUPS OFFERED BY EMORY COGNITIVE-NEUROLOGY AND IMCC AS OF 9-29-21

At this time, in order to attend these groups you must be a patient or care-partner of the Emory Cognitive-Neurology clinic.

Group Name	Target Audience	When Offered	Length	Drop-in group or Registration Req.
Emory Dementia Lecture Series (virtual)	Patients and Care Partners of Cog-Neuro and IMCC	2 <sup>nd</sup> Wednesday of every month – noon-1p	1 hour	Email <a href="mailto:Ashley.elizabeth.varner@emory.edu">Ashley.elizabeth.varner@emory.edu</a> to be added to mailing list for lecture series.
Managing Early Cognitive Change	Recently diagnosed individuals with MCI and their care-partners	Once a year – usually fall	1 hour a week for 7 weeks	Registration – contact Ashley Varner or Alice Cooper, preferably through EeMR
Atlanta FTD Caregiver Support Group	Caregivers of individuals thought to have FTD	2 <sup>nd</sup> Tuesday of each month from 6:30 – 8pm	90 minutes	Drop-in – All caregivers welcome regardless of whether pt is seen at Emory. Contact <a href="mailto:atlanta.ftd@gmail.com">atlanta.ftd@gmail.com</a> with questions.
Lewy Body Dementia Caregiver Support Group	Caregivers of People Living with Lewy Body Dementia	10 week group. Rotating basis. Thursdays from 6-7p	1 hour	Registration – contact <a href="mailto:Alice.cooper@emory.edu">Alice.cooper@emory.edu</a> with questions.
Tele-Savvy	Caregivers for PLWD, particularly helpful for people in mid-stage	8-week class, Rotating Basis	90 minutes	Registration, Primarily IMCC Caregivers – contact Laura
Savvy Caregiver	Caregivers for PLWD, particularly helpful for people in mid-stage	6-week class, Rotating basis	2 hours	Registration required – if part of the cognitive neurology clinic, contact Ashley Varner or Alice Cooper, preferably through EeMR
Late-Stage Class	Caregivers for PLWD in the late stage	4-week class, Rotating basis	90 minutes	Registration, Primarily IMCC Caregivers – contact Laura
IMCC Caregiver Support Group	Caregivers for PLWD	1 <sup>st</sup> Wednesday of the month at 1 pm	1 hour	Open to IMCC patients' caregivers
Dealing with Dementia	RCI Training Program with accompanying book, Caregiver for PLWD-, Not ready to be done virtually. There is also a cost for the book	TBD	6-hour one time workshop	Registration and Payment, Contact Laura
Mindfulness Based Cognitive Therapy for Anxiety and Depression (for Caregivers of PLWD)	Caregivers of People Living with Dementia (PLWD)	8 weeks (Rotating basis) Wednesdays 3-4:30	90 minutes/week for 8 weeks	Refer to Ashley This is a THERAPY group and will be charged to the care-partner's health insurance.