

Saturday, December 7

- Childbirth Class - 9:00am

Wednesday, December 11

- Dementia Support Group - 1:00pm

Thursday, December 12

- Bereavement Support Group - 11:00am

Tuesday, December 17

- Parkinson's Support Group
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Childbirth Class

Time: 9:00am

This class is for expecting mothers, and their partners, who plan to deliver at our facility. Topics covered include: physical changes in pregnancy, complications of pregnancy, stages of labor, pain management strategies, vaginal delivery, cesarean section, postpartum care, newborn care plus a tour of the unit.

Lunch will be provided.

To reserve a seat, please call 903.737.3900, option 1.

Dementia Support Group

Time: 1:00pm

Alzheimer's Association support group, conducted by trained facilitators, are a confidential place for caregivers, family and friends of persons with dementia to exchange practical information on caregiving challenges, talk through issues and ways of coping, share feelings and concerns, and learn about community resources.

Bereavement Support Group

Time: 11:00am

Learn ways to cope with the loss of a loved one. You will receive information about grief and regain balance in your life in a supportive environment.

Join us on the second Thursday of each month at 11 a.m.

Parkinson's Support Group

This group meets the third Tuesday of each month at Prime Senior Center at 1 p.m. Each session features a different speaker or activity to help support you on your journey with or as a caregiver to someone with Parkinson's Disease.