



Cross Span Support Group

For Caregivers and Loved Ones with Dementia

Caring for a Loved One with dementia can be a challenging, lonely, yet common experience. Cross Span offers a unique opportunity for both the Caregiver and their Loved One to not have to “go it alone.”

Cross Span meets twice a month. The first meeting of each month features a planned activity for both the Caregiver and their Loved One to enjoy together with others. The second meeting of each month offers an activity for the Loved Ones planned and led by Just Friends staff. At the same time, Caregivers meet to share their experiences, support, and resources with each other. Cross Span greatly values the dignity of the Loved One and also provides a safe and authentic space for Caregivers to be encouraged. Cross Span is non-denominational and is open to all. There is no cost.

When: The First and Third Wednesday of the month

Place: St. Peter’s Lutheran Church, 719 5th Street, Columbus, Indiana 47201

The meeting place varies on occasion. Call Rick at (812) 343-5512 to confirm location.

Time: 5:30 pm – 6:15 pm Supper in the cafeteria

6:15 pm – 7:30 pm Group time in Room 2161

