

# HOW TO BUILD A SUPPORTIVE GROUP ENVIRONMENT



**Talk with the group about their interests for activities, discussions etc.**

**Create group goals and guidelines that all members agree on**





**Develop friendships and connections within your own group and amongst the other DEN groups**

**Consider volunteering as a dementia advocate and help with some of the behind the scenes work that keeps the DEN going**



**DEMENTIA EMPOWERMENT  
NETWORK**

**RÉSEAU D'AUTONOMISATION  
DES PERSONNES ATTEINTES  
DE TROUBLES NEUROCOGNITIFS**



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