



FREE SUPPORT GROUPS



We are here to support you on your caregiver journey and provide an opportunity to connect with others.

In-person at Memory Matters on Hilton Head & virtually via Zoom

MEN'S GROUP

1st Thursday of each month, 10:30 am - 11:30 am

CO-ED GROUP

2nd Thursday of each month, 10:30 am - 11:30 am

WOMEN'S GROUP

3rd Monday of each month, 1:00 pm - 2:00 pm

In-person at **Okatie Pines Retirement Community - Conversation Room**
142 Okatie Center Blvd N, Okatie, SC 29909

New

CO-ED GROUP

New

Last Wednesday of each month, 11:00 am - 12 pm

FOR ZOOM LINK ~ GO TO

www.mymemorymatters.org/support-groups



your comprehensive resource for memory care
SUPPORT - EDUCATION - RESPITE

V.8.2025