

CAREGIVER SUPPORT GROUP

Third TUESDAY of each month: 11:30-12:30am

Exchange practical info on challenges and possible solutions.

Build a support system with people who understand.

Talk through issues and ways of coping.

Develop a support system.

Share needs, feelings, concerns.

Learn about community resources.



ALZHEIMER'S ASSOCIATION
Greater Michigan Chapter

Can't join the ICCOA Alzheimer's Association Support Group IN PERSON?

DIAL IN & JOIN US by phone!

To sign up, call 616.527.5365, 888.527.5365 (toll-free)
or email iccoa@ioniacounty.org for details.



Presented by the Alzheimer's Association Greater Michigan Chapter and conducted by trained facilitators, this group is a safe place for caregivers to share info.

Join us the 3rd Tuesday of each month (following "Armchair Exercise" class).

Participants are welcome to RSVP for an ICCOA take-out lunch and bring it to the meeting (RSVP for COA lunch by noon the Friday before).

*Held at the Ionia County Commission on Aging:
115 Hudson St.
IONIA MI 48846.*

Please call Rachel for info:
(616) 527-5365.