



CAREGIVER SUPPORT GROUP

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe space for caregivers, family and friends of persons with dementia to build a support system with people who understand. It allows participants to exchange practical information on caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns as well as learn about community resources.

Support groups meet regularly and encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person with dementia.

BUILD A SUPPORT SYSTEM WITH PEOPLE WHO UNDERSTAND

Meeting Location

Meeting Day & Time

Facilitator Contact

**For more information on support groups or any of our programs and services,
contact us at 800.272.3900 or helplinegmc@alz.org**