



Dementia Caregiver Support Group

Presented by the Alzheimer's Association

Every 2nd Monday of the Month

From 1:00 PM - 2:30 PM **EXCEPT NOVEMBER!**

Location:

The Memory Hub
1021 Columbia St
Seattle, WA 98104



Contact the facilitator for more information
or for registration help:

◦ Shalane Farrell

Via Phone: 425-463-5314

Other Important Information::

- Please make sure to register ahead of time
- This program is FREE
- FREE valet parking available (please register to receive more information)

Build a support system with people who understand

Alzheimer's Association® support groups, conducted by trained facilitators, are a FREE safe place for care partners to:

- Develop a support system
- Exchange practical information on challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources