



In-Person Dementia Caregiver Support Group

1st Thursday of Each Month
1:00 pm- 2:30pm PST

The Memory Hub
1021 Columbia St.
Seattle, WA 98104



To Join for Free
Call 800-272-3900

**Presented by the Alzheimer's
Association in Partnership with
The Memory Hub**

**Build a support system with
people who understand**

Alzheimer's Association® support groups, conducted by trained facilitators, are a 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