



## Build a support system with people who understand.

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

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

# Spokane County Support Groups

### Deer Park Caregiver Support Group

2nd Wednesday of each month

1 to 2:30 p.m.

For information call Paul J. Dionne: (509) 290-1816

### Spokane North Caregiver Support Group

2nd and 4th Monday of each month

1 to 2:30 p.m.

For information call Paul J. Dionne: (509) 290-1816

### Spokane Downtown Caregiver Support Group

3rd Tuesday

1:30 to 3 p.m.

For information call Cyndi Cook (509) 207-7667

See a full list of local support groups at:

[alzwa.org/support-groups](http://alzwa.org/support-groups)

**24/7 Helpline** (800) 272-3900

Visit [www.alzwa.org](http://www.alzwa.org) to learn more about caregiver programs and resources.

To further extend your network of support, visit ALZConnected®, our online community, at [www.alzconnected.org](http://www.alzconnected.org).

**Presented by:**  
**Alzheimer's Association,**  
**Washington State Chapter**