Build a support system with people who understand.

Alzheimer’s Association® 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

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