



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 Alzheimer's disease or other form of dementia.

Alzheimer's Association  
Washington State Chapter  
Serving Washington and  
Northern Idaho

## Spokane County Support Groups

### Deer Park

2nd Wednesday of each month,  
1:00pm-2:30pm.  
Contact Paul Dionne: (509) 290-1816

### North Spokane

2nd and 4th Monday of each month,  
1:00pm-2:30pm  
Contact Paul Dionne: (509) 290-1816

### Downtown Spokane

3rd Tuesday of each month,  
1:30-3:00pm  
Contact Beth Priest: (509) 590-3965

### South Spokane

4th Saturday of each month,  
10:30am-12:00pm  
Contact Anne Parsons: (509) 795-4668

### Spokane Valley

1st & 3rd Wednesday of each month,  
10:00am-12:00pm  
Contact Sue Griner: (509) 863-1933

24/7 Helpline (800) 272-3900  
Visit [www.alzwa.org](http://www.alzwa.org) to learn more  
about caregiver programs and  
resources.

See a full list of virtual and in-person  
support groups at [alzwa.org/support-  
groups](http://alzwa.org/support-groups)