

WE ARE HERE TO HELP VIRTUAL CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association® — November 2020



MONDAY

North Portland Caregiver Support Group

November 9 from 10-11 a.m. | [REGISTER](#)

Medford Caregiver Support Group

November 9, 16, 30 from 11 a.m.-12 p.m. | [REGISTER](#)

Mild Cognitive Impairment & Early-Stage Support Group

November 9 & 23 from 1:30-2:30 p.m. | [REGISTER](#)

Eastern Oregon Caregiver Support Group

November 16 from 11:30 a.m.-12:30 p.m. | [REGISTER](#)

West Salem Caregiver Support Group

November 23 from 10:30-11:30 a.m. | [REGISTER](#)

Grants Pass Caregiver Support Group

November 23 from 5:30-6:30 p.m. | [REGISTER](#)

Young-Onset Alzheimer's Caregiver Support Group

November 23 from 6:30-8 p.m. | [REGISTER](#)

TUESDAY

Early-Stage Caregiver Support Group

November 3 & 17 from 1:30-2:30 p.m. | [REGISTER](#)

Central Oregon Caregiver Support Group

November 10 from 10:30-11:30 a.m. | [REGISTER](#)

Lincoln City and Dallas Caregiver Support Group

November 17 from 10-11 a.m. | [REGISTER](#)

Hillsboro Caregiver Support Group

November 17 from 10:30-11:30 a.m. | [REGISTER](#)

East Salem Caregiver Support Group

November 24 from 2:30-3:30 p.m. | [REGISTER](#)

Tigard Caregiver Support Group

November 24 from 7-8 p.m. | [REGISTER](#)

WEDNESDAY

LGBTQ+ Caregiver Support Group

November 4 from 6-7 p.m. | [REGISTER](#)

Vancouver Caregiver Group

November 11 & 25 from 6-7 p.m. | [REGISTER](#)

SE Portland Caregiver Support Group

November 11 from 6-7 p.m. | [REGISTER](#)

Lake Oswego Caregiver Support Group

November 18 from 1:30-3 p.m. | [REGISTER](#)

WEDNESDAY

NW Portland Caregiver Support Group

November 18 from 2-3:30 p.m. | [REGISTER](#)

Ashland Caregiver Support Group

November 18 from 5:30-7 p.m. | [REGISTER](#)

THURSDAY

Eugene Caregiver Support Group

November 12 from 1-2 p.m. | [REGISTER](#)

Newberg Caregiver Support Group

November 12 from 2-3 p.m. | [REGISTER](#)

Bend Caregiver Support Group

November 19 from 5-6 p.m. | [REGISTER](#)

Nehalem Caregiver Support Group

November 19 from 11 a.m.-12 p.m. | [REGISTER](#)

FRIDAY

Caregivers of Faith Support Group

November 6 & 20 from 10-11 a.m. | [REGISTER](#)

SATURDAY

Men's Caregiver Support Group

November 14 from 9:30-11 a.m. | [REGISTER](#)

Adult Children Caregiver Support Group

November 14 from 10-11:30 a.m. | [REGISTER](#)

SUNDAY

NE Portland Caregiver Support Group

November 22 from 2-3 p.m. | [REGISTER](#)

TO REGISTER, PLEASE CALL
800.272.3900 OR VISIT US ONLINE
AT [ALZ.ORG/CRF](https://www.alz.org/crf)

alzheimer's association®

Caring for a loved one during the COVID-19 (coronavirus) outbreak can add stress for dementia caregivers. We are here if you need us. Call our free, 24/7 Helpline at 800.272.3900 and visit alz.org/COVID19 to learn how you and your loved one with dementia can stay healthy.



Alzheimer's Association 24/7 Helpline (800.272.3900): The 24/7 Helpline is available around the clock, 365 days a year. Speak confidentially with master's-level care consultants for decision-making support, crisis assistance and education in more than 200 languages.



Support Groups: Alzheimer's Association support groups create a safe, confidential and supportive environment. Our trained facilitators lead virtual telephone and video conference groups comprised of individuals from local communities across Oregon & Southwest Washington. To find a virtual support group in your area, please call the 24/7 Helpline at 800.272.3900.



ALZConnected: This online support group is available 24/7 at alzconnected.org.

Live Educational Webinars: Check out one of our free educational webinars presented by local Alzheimer's Association staff or volunteers at alz.org/orswwa/events.



Alzheimer's Association Training and Education Center: The Association offers a number of Alzheimer's and dementia courses available online, 24 hours a day at training.alz.org.



The Alzheimer's Association leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.

alz.org | 800.272.3900