

# WE ARE HERE TO HELP VIRTUAL CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association® — March 2021



## MONDAY

### North Portland Caregiver Support Group

March 1 from 10-11 a.m. | [REGISTER](#)

### Medford Caregiver Support Group

March 1, 22, 29 from 11 a.m.-12 p.m. | [REGISTER](#)

### Mild Cognitive Impairment & Early-Stage Support Group

March 1 from 1:30-2:30 p.m. | [REGISTER](#)

### Eastern Oregon Caregiver Support Group

March 15 from 11:30 a.m.-12:30 p.m. | [REGISTER](#)

### West Salem Caregiver Support Group

March 22 from 10:30-11:30 a.m. | [REGISTER](#)

### Young-Onset Alzheimer's Caregiver Support Group

March 22 from 6:30-8 p.m. | [REGISTER](#)

### Grants Pass Caregiver Support Group

March 29 from 5:30-6:30 p.m. | [REGISTER](#)

## TUESDAY

### Early-Stage Caregiver Support Group

March 2 & 16 from 1:30-2:30 p.m. | [REGISTER](#)

### Central Oregon Caregiver Support Group

March 9 from 2-3:30 p.m. | [REGISTER](#)

### Hillsboro Caregiver Support Group

March 16 from 10:30-11:30 a.m. | [REGISTER](#)

### Lincoln City and Dallas Caregiver Support Group

March 16 from 7-8 p.m. | [REGISTER](#)

### Tigard Caregiver Support Group

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

### East Salem Caregiver Support Group

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

## WEDNESDAY

### LGBTQ+ Caregiver Support Group

March 3 from 6-7 p.m. | [REGISTER](#)

### SE Portland Caregiver Support Group

March 10 from 6-7 p.m. | [REGISTER](#)

### Vancouver Caregiver Group

March 10 & 24 from 7-8 p.m. | [REGISTER](#)

### Lake Oswego Caregiver Support Group

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

## WEDNESDAY

### NW Portland Caregiver Support Group

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

### Ashland Caregiver Support Group

March 17 from 5:30-7 p.m. | [REGISTER](#)

## THURSDAY

### Eugene Caregiver Support Group

March 11 & 25 from 1-2 p.m. | [REGISTER](#)

### Newberg Caregiver Support Group

March 11 & 25 from 2-3 p.m. | [REGISTER](#)

### Medford Caregiver Support Group

March 18 from 2-3 p.m. | [REGISTER](#)

### Bend Caregiver Support Group

March 18 from 5-6 p.m. | [REGISTER](#)

### Nehalem Caregiver Support Group

March 25 from 11 a.m.-12 p.m. | [REGISTER](#)

## FRIDAY

### Caregivers of Faith Support Group

March 5 & 19 from 10-11 a.m. | [REGISTER](#)

## SATURDAY

### Men's Caregiver Support Group

March 13 from 9:30-11 a.m. | [REGISTER](#)

### Adult Children Caregiver Support Group

March 13 from 10-11:30 a.m. | [REGISTER](#)

## SUNDAY

### NE Portland Caregiver Support Group

March 28 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](https://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](https://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](https://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](https://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](https://alz.org) | 800.272.3900