



Alzheimer's Association Caregiver Support Group

Presented by: Alzheimer's Association San Antonio & South Texas

UT Education & Research Center
1937 Bustamante St., Laredo TX 78041

1st Tuesday of the month @ 6:30pm - 7:30pm

October 3, 2023

November 7, 2023

December 5, 2023

January 9, 2024

(January only, new meeting date due to the holiday)

February 6, 2024

March 5, 2024

Please contact the helpline to register
1-800-272-3900 or contact me at
mpvieyra@alz.org

Visit <https://www.alz.org/sanantonio> to learn more about caregiver programs and resources.

To further extend your network of support, visit

ALZconnected® our online resource community at @
[alz.connected.org](https://www.alz.org/alz.connected.org)

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

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