

Support Groups

What's a support group?

An Alzheimer's Association Support Group is a scheduled gathering led by a trained professional or volunteer. People who attend are family, friends, and other caregivers who have a loved one with Alzheimer's disease or a related dementia or memory problems. Support groups provide opportunities to share struggles and solutions.

What can I do in a support group?

- Be happy, sad, angry, confused—or anything in between
- Discover you are not alone
- Learn about available help in your community
- Share solutions to difficult behaviors
- Release stress with others who understand your situation
- Find education about dementia information and research
- Know that the group will respect your confidentiality
- Attend several meetings before you decide if this group is the right one for you.

How do I attend a support group?

- First, call the contact number on the list of support groups. Ask to speak to the leader by name to confirm the meeting time and date.
- Some groups provide transportation service or care for people with dementia during the meetings. Please call the support group leader for more information.

Care ++

Transportation **

- Interpreting services are available for meetings. Call or email the Support Group Coordinator to arrange foreign language or sign language interpreting: **800-272-3900** or sarah.stout@alzstl.org.
- Students who want to observe a support group session for a class assignment must call the Support Group Coordinator for approval: **800-272-3900**.

What do support group members have to say?

I found help on how to handle difficult behavior problems from others who had dealt with the same situations.

I could be angry . . . and others would not say I should not feel like that.

I learned to stop trying to teach or reason with my loved one. I learned to accept that the way she saw things was very real for her.

I learned that I could not and should not be the only one responsible for caring for my loved one.

Remember . . .

Except for Project Esteem, support groups in this list are for caregivers, not people with dementia.

The Alzheimer's Association provides special groups for people with early stage memory loss. Please call the 24/7 Helpline at 800-272-3900 for information.

Alzheimer's Association Support Groups -- **Missouri**

Alzheimer's Association Specialized Groups

Specialized Groups

Male Caregiving Experience (Evening) | Family Partners--12880 Manchester Road, St. Louis, MO 63131
Meets on: 2nd Tues - 6:00 PM | Contact: Mark Esker, Jim Miget, Jeffery Scheer at 314-432-3422 (W)

Adult Children of Persons w/AD | 9370 Olive Boulevard, St. Louis, MO 63132
Meets on: 1st Tues - 7:00 PM | Contact: Ellen Sabin, Janet Durham, Judith Bender at 314-993-5991(H)

Male Caregiving Experience (Day) | 9370 Olive Boulevard, St. Louis, MO 63132
Meets on: 3rd Tues - 10:00 AM | Contact: Mark Esker, Bill Juhl, Mike Caldwell at 314-432-3422 (W)

Project Esteem | 9370 Olive Boulevard, St. Louis, MO 63132
Meets on: Call for Date & Time | Contact: Debra Bryer at 314-801-0420 (W)

Project Esteem Graduates--St. Roberts | call office for info, St. Louis, MO 63132
Meets on: 1st Mon - 6:45 PM | Contact: Deb Bryer, Tina Joyner, Michael Thompson at 314-432-3422 (W)

Project Esteem Graduates--St. Roberts Memory Loss group | call office for info, St. Louis, MO 63132
Meets on: 1st Mon - 6:45 PM | Contact: Deb Bryer, Sallie Arvison at 314-432-3422 (W)

Spouses of Younger Persons w/AD | 9370 Olive Boulevard, St. Louis, MO 63132
Meets on: 3rd Wed - 7:00 PM | Contact: Terri Hosto at 314-286-2418 (W)

Butler County

Poplar Bluff

** First United Methodist Church | 500 North Main Street, Poplar Bluff, MO 63901
Meets on: Call for Date & Time | Contact: Charles Buck, David Huck at 573-785-1439 (W)

Cape Girardeau County

Cape Girardeau

Lutheran Family and Children's Services - Cape | 3178 Blattner Dr., Cape Girardeau, MO 63703
Meets on: 2nd Mon - 6:30 PM | Contact: Carol Dippold at 573-334-5866 (W)

The Lutheran Home | 2825 Bloomfield Road, Cape Girardeau, MO 63703
Meets on: 2nd Tues - 7:00 PM | Contact: Jennifer Hamby, Joyce Ourth at 573-335-0158 (W)

Crawford County

Steelville

Steelville Presbyterian Church | First and High Streets, Steelville, MO 65565
Meets on: Call for Date & Time | Contact: Lisa DuLany at 573-775-5815 (W)

Sullivan

Missouri Baptist Hospital | 751 Sappington Bridge Road, Sullivan, MO 63080
Meets on: 3rd Tues - 7:00 PM | Contact: Tracy Clayton at 573-860-1604

Franklin County

Pacific

Pacific Care Center | 105 S 6th, Pacific, MO 63069
Meets on: 3rd Tues - 3:00 PM | Contact: Laine Hamstra, Sarah Wengler-Poole, Barbara Bailey at 314-323-6189 (c)

Franklin County

Washington

Homestead at Hickory View | 1481 Marbach, Washington, MO 63090
Meets on: 3rd Thurs - 6:00 PM | Contact: Sarah Wildt at 636-667-0229

Homestead at Hickory View Memory Loss Group | 1481 Marbach, Washington, MO 63090
Meets on: Call for Date & Time | Contact: Debra Volker at 636-390-2693 (H)

Gasconade County

Hermann

Frene Valley Health Center | 1800 Wein Street, Hermann, MO 65041
Meets on: 1st Mon - 6:00 PM | Contact: Kirsten Parr at 573-486-3155

Jefferson County

Arnold

New Hope United Methodist Church | 3921 Jeffco Boulevard, Arnold, MO 63010
Meets on: 3rd Mon - 7:00 PM | Contact: Elizabeth Keune, Stephanie Paul at 636-475-6329

Crystal City

Crystal Oaks Skilled Nursing Facility | 1500 Calvary Church Road, Crystal City, MO 63019
Meets on: 1st Wed - 3:00 PM | Contact: Michelle Rolfi at 636-933-1818 (W)

DeSoto

Baisch Nursing Center | 3260 Baisch Drive, DeSoto, MO 63020
Meets on: 2nd Tues - 6:30 PM | Contact: Kathy Yuengel, Jim Balmer, Paula Broombaugh at 636-586-2291

Lincoln County

Troy

First Baptist Church of Troy | 1000 Elm Tree Road, Troy, MO 63379
Meets on: 3rd Sat - 10:00 AM | Contact: Angela Oliver at 636-295-1825 (C)

New Madrid County

New Madrid

Golden Living Center - New Madrid | 1050 Dawson Road, New Madrid, MO 63869
Meets on: 3rd Thurs - 6:00 PM | Contact: Donette Clark, Kim Ivie, Judy Garner at 573-748-5622 (W)

Phelps County

Rolla

Phelps County Regional Medical Center - Private Dining Room 2 | 1000 West 10th Street, Rolla, MO 65401
Meets on: 1st Thurs - 1:30 PM | Contact: Cathy Paulsmeyer at 573-364-6414

St. James

++ Golden Living Center - St. James | 415 Sidney Street, St. James, MO 65559
Meets on: 3rd Mon - 5:30 PM | Contact: Shelly Cain, Lonnie Salts at 573-265-8921 (W)

Saint Charles County

O'Fallon

Garden View Care Center O'Fallon | 700 Garden Path, O'Fallon, MO 63366
Meets on: 4th Thurs - 7:00 PM | Contact: Charlotte Litle, Paul Ayers at 636-240-2840 (W)

Delmar Gardens of O'Fallon | 7068 S Outer 364, O'Fallon, MO 63368
Meets on: 2nd Thurs - 4:00 PM | Contact: Jennifer Krpan, Ralph Covinsky at 636-240-6100 (W)

Saint Charles County

O'Fallon

Morning Star Church--Faith-based group | 1600 Feise Road, O'Fallon, MO 63368
Meets on: 3rd Sun - 12:45 PM | Contact: Tracey Rhodes, Charlotte Shelburne at 636-240-0700 (H)

Saint Charles

NHC - St. Charles | 35 Sugar Maple Lane, St. Charles, MO 63303
Meets on: 3rd Wed - 10:00 AM | Contact: Ronda Figge at 636-946-8887 (W)

Saint Peters

Nurses & Co Adult Day Services | 115 Piper Hill Dr, 2nd Fl, St. Peters, MO 63376
Meets on: 2nd Thurs - 7:00 PM | Contact: Laura Kriss, Miriam Wetter at 636-926-3722 (W)

Saint Francois County

Farmington

Parkland Health Center | 1101 West Liberty Street, Farmington, MO 63640
Meets on: 2nd Mon - 3:00 PM | Contact: Christine Black, Jack Hand at 573-760-8342

St. Paul Lutheran Church | 609 East Columbia St, Farmington, MO 63640
Meets on: 4th Thurs - 2:00 PM | Contact: Sara Cruse at 573-431-0223 (W)

Saint Louis City & County

Central City

Grace United Methodist Church | 6199 Waterman Blvd., St. Louis, MO 63112
Meets on: 4th Tues - 7:00 PM | Contact: Michelle Hyde, Nancy Jones at 312-339-5896 (C)

St. Paul AME Church - First Overflow Room | 1260 Hamilton, St. Louis, MO 63112
Meets on: 4th Sun - 11:30 AM | Contact: Karen Parker Davis at 314-529-9622 (W)

Mid County

Sunrise Senior Living on Clayton | 7920 Clayton Road, Richmond Heights, MO 63117
Meets on: Last Sun - 7:00 PM | Contact: Marsha Norfleet at 314-646-7600 (W)

++ Adult Day Center at the J | 2 Millstone Campus Dr, St. Louis, MO 63146
Meets on: 1st Mon - 3:00 PM | Contact: Susan Signorino, Deb Ellis at 314-442-3261 (W)

North City

+++ McCormack House | 3915 Olive, St. Louis, MO 63108
Meets on: 1st Wed - 1:30 PM | Contact: Marie Meisel, James Williams, Marilyn Depke at 314-657-1684 (W)

North County

First Christian Church of Florissant | 2890 Patterson Rd., Florissant, MO 63031
Meets on: 2nd Tues - 7:00 PM | Contact: Mary Swip, Claudia Martin at 314-831-3750

Delmar Gardens North | 4401 Parker Rd, Florissant, MO 63033
Meets on: 3rd Sat - 9:00 AM | Contact: Kathy Gallyoun, Linda Jurging-Pereda at 314-355-1516 (W)

Bridgeton Community Center | 4201 Fee Fee Rd, Bridgeton, MO 63044
Meets on: 1st Thurs - 6:00 PM | Contact: Tammy Boling, Kris Kanis at 314-291-0855(H)

Mother of Good Counsel Home | 6825 Natural Bridge, St. Louis, MO 63121
Meets on: Last Sat - 10:30 AM | Contact: Father Carl Dehne at 314-633-4420

Murchison Tabernacle | 7629 Natural Bridge, Normandy, MO 63121
Meets on: 3rd Sat - Noon | Contact: Valerie Harper, Sonya Douglas at 314-723-3812

Missouri Veterans Home North Co | 10600 Lewis & Clark, St. Louis, MO 63136
Meets on: Last Tues - 1:00 PM | Contact: Buffy Huffman at 314-340-6389 x248 (W)

South City

Beauvais Manor on the Park | 3625 Magnolia Avenue, St. Louis, MO 63110
Meets on: 3rd Thurs - 5:30 PM | Contact: Christina Troisi, Lavonja Atkinson at 314-771-2990

The Charless Home | 4431 South Broadway, St. Louis, MO 63111
Meets on: 1st Thurs - 7:00 PM | Contact: Dottie Engelhardt, Rebecca Fierberg at 314-353-6586 (H)

South County

Saint Louis City & County

South County

++ Cardinal Ritter Senior Services | 7663 Watson Rd, St. Louis, MO 63119
Meets on: 4th Tues - 1:30 PM | Contact: Cheryl Woodruff, Kathryn Wobus at 314-962-7501 (W)

Laclede Groves | 723 S Laclede Station Rd, St. Louis, MO 63119
Meets on: 2nd Wed - 1:00 PM | Contact: Joyce Poole at 314-968-5570 (W)

Green Park Nursing Center | 9350 Green Park Rd., St. Louis, MO 63123
Meets on: 1st Tues - 7:00 PM | Contact: Bob Sontag at 314-845-0900 (W)

Alexian Brothers Sherbrooke Vlg | 4005 Ripa Avenue, St. Louis, MO 63125
Meets on: 4th Mon - 3:00 PM | Contact: Sandra Jones at 314-544-1111 (W)

Delmar Gardens South | 5300 Butler Hill Rd, St. Louis, MO 63128
Meets on: 4th Tues - 7:00 PM | Contact: Darlene Coats at 314-842-0588 (W)

Nazareth Living Center | 2 Nazareth Lane, St. Louis, MO 63129
Meets on: 3rd Tues - 1:00 PM | Contact: Janet Vise, Sr. Pat Quinn at 314-649-4686 (W)

West County

Delmar Gardens Chesterfield Villas | 14855 N Outer 40 Road, Chesterfield, MO 63017
Meets on: Last Mon - 6:30 PM | Contact: Mariah Robinson, Sandra Traughber at 636-532-0150 (W)

Garden View Care Ctr/Chesterfield | 1025 Chesterfield Point Pkwy, Chesterfield, MO 63017
Meets on: 2nd Wed - 7:00 PM | Contact: Kavitha Nallabelli, Rhonda Uhlenbrock at 636-537-3333 (W)

NHC - Town & Country | 13995 Clayton Road, Town & Country, MO 63017
Meets on: 2nd Tues - 7:00 PM | Contact: Dawn Wright at 636-227-5070 (W)

Sunrise Senior Living/Chesterfield | 1880 Clarkson Road, Chesterfield, MO 63017
Meets on: 2nd Sat - 11:30 AM | Contact: Kristin Romano, Neosha Owens at 636-536-3800 (W)

****** Meramec Bluffs Senior Living Community | 1 Meramec Bluffs Drive, Ballwin, MO 63021
Meets on: 1st Thurs - 9:30 AM | Contact: Gayle Truesdell, Brenda Akers at 636-861-0600 (W)

NHC of Maryland Heights | 2920 Fee Fee Rd, Maryland Hts, MO 63043
Meets on: 3rd Thurs - 7:00 PM | Contact: Maria McAllister at 314-291-0121(W)

Garden View at Dougherty Ferry | 13612 Big Bend Road, Valley Park, MO 63088
Meets on: 2nd Wed - 7:00 PM | Contact: Sandi Antalick, Leatha Mason, Jennifer McKnight, Barb Bailey at 636-861-0500 (W)

Parc Provence | 605 Coeur de Ville, Creve Coeur, MO 63141
Meets on: 3rd Tues - 4:30 PM | Contact: Laura Schmid, Amanda Brandt, Angie Keeven at 314-542-2500 (W)

Sainte Genevieve County

Ste. Genevieve

Ste. Genevieve Hospital | U.S. Hwys 61 & 32, Ste. Genevieve, MO 63670
Meets on: 2nd Thurs - 6:00 PM | Contact: Lisa Fleeman, Mary Ann Ajo at 573-880-8418

Scott County

Sikeston

Home Advantage | 808 Hunter Ave., Ste. 3, Sikeston, MO 63801
Meets on: Call for Date & Time | Contact: Sarah Morgan, Lisa Howell at 573-472-4165

Missouri Delta Medical Center | 1008 N Main, Sikeston, MO 63801
Meets on: 1st Wed - 2:00 PM | Contact: Tina Hartlein, Heather Cox at 573-471-1600 (W)

Stoddard County

Dexter

Crowley Ridge Care Center | P O Box 668, N Outer Rd, Dexter, MO 63841
Meets on: 3rd Thurs - 3:00 PM | Contact: Joan Mayberry at 573-624-5557 (W)

Warren County

Warren County

Warrenton

C.L.A.M. (Caring for Loved Ones with Alzheimer's and Memory Loss) | College United Methodist - 701 East Main, Warrenton,
Meets on: 3rd Mon - 6:00 PM | Contact: Jerri Jordan, Mark Stephens at 636-359-1213 (C)

St. John's Lutheran Church | 950 South State Hwy 47, Warrenton, MO 63383
Meets on: 1st Thurs- 1:00 PM | Contact: Marilyn Foster, Molly Hendershot at 636-456-2888

Wayne County

Piedmont

AARP of Piedmont | Hwy 34 East, Piedmont, MO 63957
Meets on: 2nd Thurs - 1:00 PM | Contact: Minnie May, Mary Ann Simon, Rene Westmoreland, Deana Burke,
Dorothy Wideman at 573-856-4405 (H)