

memory loss support group

What is a support group?

Memory Loss Support Groups are regularly scheduled meetings designed to provide emotional, educational and social support for people with memory loss and their family, friends and caregivers.

What can I do at a support group?

Be happy, sad, angry, confused—or anything in between. Learn about resources available in your community. Release stress with others who understand your situation. Gain knowledge about dementia and research. Discover you are not alone, and know that the group will respect your confidentiality.

How do I get connected with a support group?

Call the support group facilitator for your desired location. Make sure that the group is meeting at its usual time, and check for any special directions that will help you find the meeting location or room. There is **no fee** for attending a group.

Locations/Times:

Adult Day Center at the J

2 Millstone Campus Drive
Arts and Education Building
St. Louis, MO 63146

Facilitator: Maggie Menefee, 314.442.3245
3rd Wednesday of each month at 6 p.m.

Crystal Oaks

1500 Calvary Church Road
Crystal City, MO 63019

Facilitator: Michelle Rolfi, 636.933.2927
1st Wednesday of each month at 3 p.m.

Homestead at Hickory View

1481 Marbach
Washington, MO 63090

Facilitators: Sarah Wildt & Debbie Volker,
636.667.0229
3rd Thursday of each month at 6 p.m.

St. John's Home and Community Care

222 Goethe Ave.
Collinsville, IL 62234

Facilitator: Gail Shaw, 618.344.0276
2nd Tuesday of each month at 1:30 p.m.

St. Roberts Adult Day Center

1424 South 1st Capital Drive
St. Charles, MO 63303

Facilitators: Tina Joyner & Sallie Arvison, 314.795.2779
1st Monday of each month at 6:45 p.m.

If you are a student wanting to observe the group, please call the Support Group Coordinator at 800.272.3900 for approval. Support groups are closed to care providers promoting their services.