YOUNGER CAREGIVER
SUPPORT GROUP

IN-PERSON & VIRTUAL SUPPORT GROUP
1ST WEDNESDAY OF THE MONTH
9:30 - 11 A.M.

Shady Grove United Methodist Church | 4825 Pouncey Tract Road, Glen Allen, VA 23059

We know that during this unprecedented time, no one should face Alzheimer's or other dementia alone. Online support groups provide a place for friends and family to share valuable information, caregiving tips, and concerns throughout the Alzheimer's journey.

If you are a younger age caregiver, we are offering an online support group where you can meet virtually with others who face some your unique challenges. The meetings are facilitated by trained individuals who can help guide the discussions. Our caregiver support groups can be a lifeline and source of support, plus education for many, so please join us.

Please call 800.272.3900 to register and receive login information for each meeting.

24/7 HELPLINE 800.272.3900