,

Support Groups - Updated March 2026

Please contact the helpline at 800.272.3900 for registration information. Please use this sheet to find the group that works best for you and mention it when contacting the helpline to register. This will help ensure the helpline doesn't need to conduct a new search and can quickly assist with your chosen group.

City	Support Group Type	Day	Meeting Time	Meeting Type
Aberdeen/Hoquiam	Caregivers	3rd Tuesday	1:00 to 2:30pm	In-Person
Airway Heights	Caregivers	4th Thursday	6:00pm to 7:30pm	In-Person
Anacortes	Caregivers	2nd Monday	1:00 to 3:00pm	In-Person
Arlington/Marysville	Caregivers	4th Saturday	10:30am to 12:00pm	In-Person
Auburn	Caregivers	1st Tuesday	12:00 to 1:30pm	Zoom
Bainbridge Island/Kingston	Caregivers	2nd Monday	9:30 - 11:00 am	In-Person
Bellevue	Caregivers Younger-Onset	3rd Monday	7:00 to 9:00pm	In-Person
Bellevue	Caregivers	2nd Wednesday	1:15 to 3:00pm	In-Person
Bellevue	Caregivers	3rd Monday	3:00 to 4:30pm	In-Person

Bellevue-Virtual	Caregivers	3rd Tuesday	3:00 to 4:30pm	Zoom
Bereavement - Virtual	Bereavement	1st Tuesday	6:00 to 7:30pm	Zoom
Bonners Ferry	Caregivers	1st Tuesday	1:00pm to 2:30pm	In-Person
Cashmere	Caregivers	1st Thursday	2-3:30pm	In-Person
Cashmere	Caregivers	3rd Thursday	2-3:30pm	In-Person
Edmonds	Caregivers	3rd Monday	7:00 to 9:00pm	Zoom
Edmonds	Caregivers	3rd Tuesday	1:00 to 2:30pm	Zoom
Edmonds Waterfront	Caregivers	2nd Wednesday	2:00 to 4:00pm	In-Person
Edmonds Waterfront	Caregivers	2nd Tuesday	5:30 to 7:00pm	In-Person
Edmonds Waterfront	Caregivers	4th Wednesday	2:30 to 4:00pm	In-Person
Everett - Silver Lake	Caregivers	1st Thursday	12:30 to 2:00pm	Zoom
Everett-Downtown	Caregivers	2nd Saturday	10:00am to 12pm	In-Person
Everett-Mill Creek YMCA	Caregivers	2nd Wednesday	10:00am to 11:00am	In-Person
Everett- The Center for Positive Learning Church Caregiver Support Group	Caregivers	1st Thursday	2pm-4pm	In-Person
Healthcare Professionals	Caregivers	2nd Tuesday	11:30am to 1:00pm	Zoom
Kent	Caregivers	1st Wednesday	6:30-8:00pm	Zoom
Kent In-Person	Caregivers	1st Wednesday	12:30pm to 2pm	In-Person

Kingston/Bainbridge Island	Caregivers	2nd Monday	9:30 - 11:00 am	Zoom
Kirkland	Caregivers	3rd Tuesday	1:00 to 2:30pm	In-Person
Kirkland	Adult Children Caring for a Parent	2nd Tuesday	7:00 to 8:30pm	Zoom
Lacey	Caregivers	3rd Monday	1:00 to 2:30pm	In-Person
Lacey 2	Caregivers	1st Monday	1:00 to 2:30pm	In-Person
Lakewood/Tacoma	Adult Children Caring for a Parent	3rd Monday	5:30-7:00pm	In-Person/Hybrid
Lewiston	Caregivers	2nd Wednesday	1:30 to 3:00pm	Hybrid
Lynnwood	Caregivers	1st Thursday	10:00am to 12:00pm	Zoom
Mason County-Belfair	Caregivers	1st Monday	1:00-3:00pm	In-Person
Moscow	Caregivers	2nd Monday	11:00am to 12:00pm	In-Person
Mount Vernon	Caregivers	3rd Wednesday	2:30pm to 4:00pm	In-Person
Newport	Caregivers	4th Wednesday	1:00pm to 2:00pm	In-Person
Olympia	Caregivers	1st Thursday	1:00 to 2:30pm	In-Person
Port Angeles	Caregivers	2nd Monday	9:30 to 11:30am	In-Person
Port Orchard	Caregivers	2nd Wednesday	1:30 to 3:00pm	In-Person
Port Townsend	Caregivers	2nd Friday	10:30am to 12pm	In-Person
Port Townsend	Caregivers	3rd Monday	10:30am to 12pm	In-Person
Port Townsend	Caregivers	4th Thursday	10:30am to 12pm	In-Person
Post Falls	Caregivers	1st Wednesday	3:00 to 4:30pm	In-Person
Post Falls	Caregivers	3rd Wednesday	3:00 to 4:30pm	In-Person

Poulsbo	Caregivers	2nd Monday	1:30 to 3:00pm	In-Person
Redmond	Caregivers	1st Tuesday	1 to 2:30pm	In-Person
Renton	Caregivers	4th Tuesday	5:00 to 7:00pm	Zoom
Sandwich Generation	Adult Caring for both Children and Parent Caregivers	2nd Sunday	6:30-8:00pm	Zoom
Seattle	Caregivers Younger-Onset	1st Monday	7:00 to 8:30pm	Zoom
Seattle	Long Distance Caregivers	2nd Thursday	6:00pm-7:30pm	Zoom
Seattle	Long Distance Caregivers	2nd Saturday	10:30 to 12:00pm	Zoom
Seattle	Adult Children of Parents with Younger-Onset	2nd Monday	7:00 to 9:00pm	In-Person
Seattle - Ballard	Caregivers	3rd Saturday	10:30 to 12:00pm	Zoom
Seattle-Chinese Speaking	Caregivers	4th Monday	1:30 to 3:00pm	In-Person
Seattle - Columbia City	Caregivers	3rd Tuesday	5:00 to 6:30pm	Zoom
Seattle-Memory Hub	Caregivers	2nd Monday	1:00 to 2:30pm	In-Person
Seattle - Men's Coffee Group	Male Caregivers	3rd Thursday	10:30am to 12:00pm	Zoom
Seattle - Northeast	Caregivers	2nd Tuesday	11:00 to 12:30pm	Zoom

Seattle - West Seattle	Caregivers	2nd Monday	1:30 to 3:00pm	In-Person
Seattle - West Seattle	Caregivers	4th Monday	1:30 to 3:00pm	Zoom
Seattle/GenPride - LGBTQIA+	Caregivers	3rd Tuesday	6:30 to 8:00pm	Zoom
Silverdale	Caregivers	1st Tuesday	10:30am-12:00pm	In-Person
Snohomish	Caregivers	2nd Thursday	7:00 to 8:30pm	In-Person
Spokane Downtown	Caregivers	3rd Tuesday	1:00 to 2:30pm	In-Person
Spokane North	Caregivers	2nd Monday	1:00 to 2:30pm	In-Person
Spokane North	Caregivers	4th Monday	1:00 to 2:30pm	In-Person
Spokane South	Caregivers	4th Saturday	10:30am-12pm	In-Person
Spokane Valley	Caregivers	1st Wednesday	10:00am-12pm	In-Person
Spokane Valley	Caregivers	3rd Wednesday	10:00am-12pm	In-Person
Tacoma	Caregivers	1st Thursday	11:00am to 1:00pm	In-Person
Tacoma	Caregivers	1st Wednesday	10:00am to 12:00pm	Zoom
Tacoma/Lakewood	Adult Children Caring for a Parent	3rd Monday	5:30 to 7:00pm	Phone
Tacoma Virtual Support Group	Caregivers	3rd Tuesday	6:30pm to 8pm	Zoom
Tri-Cities	Caregivers	1st Wednesday	1:00 to 2:30pm	In-Person
Tri-Cities	Caregivers	3rd Wednesday	1:00 to 2:30pm	In-Person
University Place	Caregivers	1st Tuesday	1:00 to 2:30pm	In-Person

Vashon Island	Caregivers	3rd Wednesday	10:00am to 11:30am	In-Person
Virtual-Sandwich Group	Adult Caring for both Children and Parent Caregivers	2nd Sunday	6:30 pm to 8:00pm	Zoom
Virtual-Spanish Speaking	Caregivers	1st Saturday	1:00pm to 2:30pm	Zoom