



Bereavement Virtual Caregiver Support Group

Presented by
Alzheimer's Association
Washington State and North Idaho

Second Tuesday of each month

6:00 p.m.—7:30 p.m. Pacific Time

Please call before attending your first meeting:

Lou Ann Carter

Tom Steinbeck

360.722.1471

253.820.7706

Louann2700@gmail.com

Steinbeck.tom@gmail.com

Visit alzwa.org to learn more about caregiver programs and resources. To further extend your network of support, visit our online community, ALZ connected®, at alzconnected.org. Or scan this QR code for information (select "Programs and Events"):



Build a support system with people who understand.

This Alzheimer's Association® support group, conducted by trained facilitators, is a safe place for people who have cared with someone who had lived with dementia to:

- Develop a support system.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.