



Support Groups - December 2021

PLEASE NOTE: You must contact the group's facilitator ahead of time to get instructions for accessing the support group.

City	Support Group Type	Day	Meeting Time	Facilitator	Phone	Meeting Type
Aberdeen	Caregivers	3rd Tuesday	1:00 to 2:30pm	Leslie O'Brien	360-533-4359	Phone
Anacortes	Caregivers	2nd & 3rd Mondays	1:00 to 3:00pm	Ann Giboney	360-299-9569	In-person
Arlington/Marysville	Caregivers	4th Saturday	10:30am to 12:00pm	Lou Ann Carter	360-722-1471	Zoom
Auburn	Caregivers	1st Tuesday	12:00 to 1:30pm	Val Brustad	253-854-7658	Zoom
Bainbridge Island	Caregivers	2nd Wednesday	2:30 to 4:00pm	Helen Taylor	818-406-8856	Zoom
Bellevue	Caregivers	2nd Wednesday	1:30 to 3:00pm	Ruth Hansing	206-930-9829	In-person
Bellevue	Caregivers Younger-Onset	3rd Monday	7:00 to 9:00pm	Bill Lukov	360-588-4929	In-person
Bellevue	Caregivers	3rd Monday	3:00 to 4:30pm	Regina Bennett	425-502-9828	In-person
Bremerton	Caregivers	1st Monday	1:00 to 2:30pm	Karen Leader Scott	360-981-0237	Phone
Coeur d'Alene	Caregivers	3rd Thursday	6:00 to 7:30pm	Theresa Erbe-Neuberger	208-416-1104	In-person
Deer Park	Caregivers	2nd Wednesday	1:00 to 2:30pm	Paul Dionne	509-290-1816	In-person
Edmonds	Caregivers	3rd Monday	7:00 to 9:00pm	Barbara Bridges	425-335-3414	Zoom
Edmonds	Caregivers	3rd Tuesday	1:00 to 2:30pm	Barbara Bridges	425-335-3414	Zoom
Ellensburg	Caregivers	2nd Thursday	1:00 to 2:30pm	Kathie Kasper	509-591-7642	Zoom
Everett - Silver Lake	Caregivers	1st Thursday	12:30 to 2:30pm	Linda Whiteside	206-380-4776	Zoom
Ferndale	Caregivers	2nd Tuesday	2:00 to 3:30pm	Leona Vandenberg	360-933-1593	In-person



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Goldendale	Caregivers	2nd Wednesday	10:30am to 12:00pm	Stacy Bryan	509-773-3757	Phone
Issaquah	Caregivers	3rd Saturday	10:30am to 12:00pm	Helen Boyer	425-301-0709	Zoom
Kent	Caregivers	1st Wednesday	6:30-8:00pm	Val Brustad	253-854-7658	Zoom
Kingston	Caregivers	2nd Wednesday	2:30 to 4:00pm	Helen Taylor	818-406-8856	Zoom
Kirkland	Caregivers	3rd Tuesday	1:00 to 2:30pm	Rosemary Reid	425-820-0134	In-person
Kirkland	Adult Children Caring for a Parent	2nd Tuesday	6:30 to 8:00pm	Mariana Fisher	425-492-5188	Zoom
Lakewood/Tacoma	Adult Children Caring for a Parent	3rd Monday	5:30-7:00pm	Debbie Washburn	253-789-4090	Phone
Lewiston	Caregivers	2nd Wednesday	1:30 to 3:00pm	Mona Jack	208-798-4197	In-person & Zoom
Longview	Caregivers	3rd Monday	1:00 to 2:30pm	Dawn Morgan	360-261-4612	Zoom
Lynnwood	Caregivers	1st Wednesday	10:00am to 12:00pm	Alice Allen-Redfern	206-529-3876	Zoom
Marysville/Arlington	Caregivers	4th Saturday	10:30am to 12:00pm	Lou Ann Carter	360-722-1471	Zoom
Moscow	Caregivers	2nd Thursday	1:00 to 2:30pm	Tammie Poe	208-301-8617	In-person
Olympia	Caregivers	1st Thursday	1:00 to 2:30pm	Karen Hyde	360-819-3642	In-person
Port Angeles	Caregivers	2nd Monday	9:30 to 11:30am	Judi Briley	989-255-8399	In-person
Port Hadlock	Caregivers	2nd Monday	10:30am to 12:00pm	Patricia Smith	360-379-4186	In-person
Port Orchard	Caregivers	2nd Wednesday	1:30 to 3:00pm	Lora Lehner	360-649-6793	Zoom



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Poulsbo	Caregivers	2nd Monday	1:30 to 3:00pm	Lora Lehner	360-649-6793	Zoom
Redmond	Caregivers	1st Tuesday	1 to 2:30pm	John Waltner	425-556-8140	In-person
Renton	Caregivers	4th Tuesday	5:00 to 7:00pm	Nancy Streiffert	253-796-2203	Zoom
Seattle	Caregivers Younger-Onset	1st Monday	7:00 to 9:00pm	Linda Whiteside	206-380-4776	Zoom
Seattle	Adult Children of Parents with Younger-Onset	2nd Monday	7:00 to 9:00pm	Wendy Nathan	206-422-5004	Phone
Seattle	Long Distance Caregivers	2nd Monday	6:00 to 7:30pm	Marian Sheehan	206-860-3656	Zoom
Seattle	Long Distance Caregivers	2nd Saturday	10:30am to 12:00pm	Martha Dale	206-200-0180	Zoom
Seattle	FTD Caregivers	3rd Saturday	10:30am to 12:00pm	Karin Miller	206-384-0096	Zoom
Seattle	Adult Children Caring for a Parent	3rd Wednesday	7:00 to 8:30pm	Sydney Zenzen	320-429-5492	Zoom
Seattle	Lewy Body Dementia Caregivers	4th Wednesday	6:30 to 8:30pm	Rena Ferretti	206-473-2565	Phone
Seattle - Ballard Saturday	Caregivers	3rd Saturday	10:30 to 12:00pm	Linda Whiteside	206-380-4776	Zoom
Seattle - Columbia City	Caregivers	3rd Tuesday	2:00 to 3:00pm	Laura Marquez	206.963.0496	Zoom
Seattle - Green Lake	Caregivers	2nd Wednesday	1:00 to 2:30pm	Linda Whiteside	206-380-4776	Zoom
Seattle - Men's Coffee Group	Male Caregivers	3rd Thursday	10:00 to 11:30am	Don Desonier	206-779-1634	In-person & Zoom
Seattle - Northeast	Caregivers	2nd Tuesday	1:00 to 2:30pm	Marie Adan	206-971-6616	Zoom



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Seattle - West Seattle	Caregivers	2nd Monday	1:30 to 3:00pm	Martha Smith	206-937-3701	Zoom
Seattle - West Seattle	Caregivers	4th Monday	1:30 to 3:00pm	Martha Smith	206-937-3701	Zoom
Silverdale	Caregivers	1st Tuesday	12:30 to 2:00pm	Lora Lehner	360-649-6793	Zoom
Snohomish	Caregivers	2nd Thursday	7:00 to 8:30pm	Megan Maples	425-501-6444	In-person
Spokane Downtown	Caregivers	3rd Tuesday	1:30 to 3:00pm	Beth Priest	509-405-5421	In-person & Zoom
Spokane North	Caregivers	2nd & 4th Mondays	1:00 to 2:30pm	Paul Dionne	509-290-1816	In-person & Zoom
Tacoma	Caregivers	1st Wednesday	1:00pm to 3:00pm	Jacquelyn Whalen	253-922-3221	Zoom
Tacoma	Caregivers	1st Wednesday	10:00am to 12:00pm	Jacquelyn Whalen	253-922-3221	Zoom
Tacoma/Lakewood	Adult Children Caring for a Parent	3rd Monday	5:30 to 7:00pm	Debbie Washburn	253-789-4090	Phone
University Place	Caregivers	1st Tuesday	1:00 to 2:30pm	Karen Hyde	360-819-3642	In-person
Virtual	Bereavement	2nd Tuesday	6:00 to 7:30pm	Alida Gowan or Amy Ohlinger	425-223-1165 or 253-209-8316	Zoom
Walla Walla	Caregivers	4th Tuesday	1:30 to 3:00pm	Tamara Gordon	509-524-4003	In-person
Yakima	Caregivers	2nd Thursday	1:00 to 2:30pm	Kathie Kasper	509-591-7642	Zoom