



## Ferndale Caregiver Support Group

Presented by  
**Alzheimer's Association**  
Washington State and Northern Idaho

Second Wednesday of each month  
2:00 p.m. - 3:30 p.m.

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Visit [alzwa.org](http://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](http://alzconnected.org). Or scan this QR code for information:



### Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.