



## Support Groups - Updated 3/13/2024

**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/Hoquiam	Caregivers	3rd Tuesday	1:00 to 2:30pm	Leslie O'Brien	360-533-4359	In-Person
Anacortes	Caregivers	2nd Monday	1:00 to 3:00pm	Claudia Jensen	203-778-4126	In-Person
Arlington/Marysville	Caregivers	4th Saturday	10:30am to 12:00pm	Jack Hansen Jeshawna (Alley) Schmidt	208-771-2335 425 218-9966	In-Person
Auburn	Caregivers	1st Tuesday	12:00 to 1:30pm	Val Brustad	253-854-7658	Zoom
Bainbridge Island/Kingston	Caregivers	2nd Monday	9:30 - 11:00 am	Judy Rutberg	206.478.8104	Zoom
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	425-643-4943	In-Person
Bellevue	Caregivers	2nd Wednesday	1:30 to 3:00pm	Ruth Hansing	206.232.2537	In-Person
Bellevue-Virtual	Caregivers	3rd Tuesday	3:00 to 4:30pm	Regina Bennett	425-643-4944	Zoom
Bereavement - Virtual	Bereavement	1st Tuesday	6:00 to 7:30pm	Lou Ann Carter	360-722-1471	Zoom
Bremerton	Caregivers	1st Monday	1:30 to 3:00pm	Karen Leader Scott	360-981-0237	In-Person
Cashmere	Caregivers	1st Thursday	2-3:30pm	Carmen Gamble	509-393-0789	In-Person
Cashmere	Caregivers	3rd Thursday	2-3:30pm	Carmen Gamble	509-393-0789	In-Person
Coeur d'Alene	Caregivers	3rd Thursday	6:00 to 7:30pm	Michelle Larson	208.666.2996	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 Thao Ngo	425-335-3414 360-788-3617	Zoom



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Edmonds Waterfront	Caregivers	2nd Wednesday	2:00 to 4:00pm	Ann Dingwall Jennifer Dennis	206-816-2349	In-Person
Edmonds Waterfront	Caregivers	2nd Tuesday	5:30 to 7:00pm	Ann Dingwall Carrie Craig	206-816-2349 425-312-4757	In-Person
Edmonds Waterfront	Caregivers	4th Wednesday	2:30 to 4:00pm	Ann Dingwall	206-816-2349	In-Person
Edmonds Waterfront	Younger Onset / Early Onset Memory Cafe	2nd Tuesday	2:00 - 3:30pm	Noreen Beyer Kirk Vende Brake	425.275.2662 206.402.7816	In-Person
Everett - Silver Lake	Caregivers	1st Thursday	12:30 to 2:00pm	Linda Whiteside	206-380-4776	Zoom
Everett-Downtown	Caregivers	2nd Saturday	10:00am to 12pm	Lou Ann Carter Jeshawna (Alley) Schmidt	360-722-1471 425 218-9966	In-Person
Everett-Mill Creek YMCA	Caregivers	2nd Wednesday	10:00am to 11:00am	Brigitte Kiesz	951-807-5752	In-Person
Goldendale	Caregivers	2nd Wednesday	10:30am to 12:00pm	Doreen Eckas	509-773-3757	Zoom w/call-in
Healthcare Professionals	Caregivers	2nd Tuesday	11:30am to 1:00pm	Cheryl Beighle, MD Rob Scarr, MD	c.beighle@frontier.com robbscarr@gmail.com	Zoom
Issaquah	Caregivers	3rd Saturday	10:30am to 12:00pm	Helen Boyer	425-301-0709	Zoom
Issaquah Front Street	Caregivers	2nd Monday	2:30-3:30pm	Jeanmarie Hirao	425-389-0191	In-Person
Kent	Caregivers	1st Wednesday	6:30-8:00pm	Val Brustad	253-854-7658	Zoom



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Kingston/Bainbridge Island	Caregivers	2nd Monday	9:30 - 11:00 am	Judy Rutberg	206.478.8104	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	7:00 to 8:00pm	Mariana Fisher	425-492-5188	Zoom
Lacey	Caregivers	3rd Monday	2:00 to 3:30pm	Kimberly Hulezbos	360-561-6028	In-Person
Lakewood/Tacoma	Adult Children Caring for a Parent	3rd Monday	5:30-7:00pm	Debbie Washburn	253-255-8428	In-Person/Hybrid
Lewiston	Caregivers	2nd Wednesday	1:30 to 3:00pm	Mona Jack	208-798-4197	Hybrid
Longview	Caregivers	3rd Monday	1:00 to 2:30pm	Dawn Morgan	360-261-4612	Zoom
Lynnwood	Caregivers	1st Thursday	10:00am to 12:00pm	May Nicholson Tom Steinbeck	434-987-2102 253-820-7706	Zoom
Mason County-Belfair	Caregivers	1st Thursday	1:00-3:00pm	Debra Jamerson	360-621-1110	In-Person
Moscow	Caregivers	2nd Monday	11:00am to 12:00pm	Jill Crump or Tammie Poe	208.892.4338 or 208.874.3462	In-Person
Mount Vernon	Caregivers	3rd Wednesday	2:30pm to 4:00pm	Bill Lukov	360-588-4929	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 Tom Steinbeck	989-255-8399 253-820-7706	In-Person
Port Hadlock	Caregivers	2nd Monday	10:30am to 12:00pm	Nancy McMahon Patricia Smith	360.774.3260 360-379-4186	In-Person
Port Orchard	Caregivers	2nd Wednesday	1:30 to 3:00pm	Lora Lehner	360-649-6793	In-Person



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Port Townsend	Caregivers	4th Thursday	10:30am to 12pm	Nancy McMahon Patricia Smith	360.774.3260 360-379-4186	In-Person
Post Falls	Caregivers	1st Wednesday	3:00 to 4:30pm	Michelle Larson	208.666.2996	In-Person
Poulsbo	Caregivers	2nd Monday	1:30 to 3:00pm	Lora Lehner	360-649-6793	In-Person
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
Sandwich Generation	Adult Caring for both Children and Parent Caregivers	2nd Sunday	6:30-8:00pm	Rebecca Wood	rewood76@yahoo.com	Zoom
Seattle	Caregivers Younger-Onset	1st Monday	7:00 to 8:30pm	Linda Whiteside	206-380-4776	Zoom
Seattle	Long Distance Caregivers	2nd Thursday	6:00pm-7:30pm	Marian Sheehan	206-860-3656	Zoom
Seattle	Lewy Body Dementia Caregivers	4th Wednesday	6:30 to 8:30pm	Rena Ferretti	206-473-2565	Phone
Seattle	Adult Children Caring for a Parent	3rd Wednesday	7:00 to 8:30pm	Sydney Zenzen	320-429-5492	Zoom
Seattle	Adult Children of Parents with Younger-Onset	2nd Monday	7:00 to 9:00pm	Wendy Nathan	206-422-5004	In-Person
Seattle - Ballard	Caregivers	3rd Saturday	10:30 to 12:00pm	Linda Whiteside	206-380-4776	Zoom
Seattle - Columbia City	Caregivers	3rd Tuesday	5:00 to 6:30pm	Ana Bucy	206.321.9565	Zoom



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Seattle - Men's Coffee Group	Male Caregivers	3rd Thursday	10:30am to 12:00pm	Don Desonier	206-779-1634	Zoom
Seattle - Northeast	Caregivers	2nd Tuesday	1:00 to 2:30pm	Najib Abbas	najibabbas@gmail.com	Zoom
Seattle - West Seattle	Caregivers	4th Monday	1:30 to 3:00pm	Martha Smith	206-937-3701	Zoom
Seattle - West Seattle	Caregivers	2nd Monday	1:30 to 3:00pm	Martha Smith	206-937-3701	Zoom
Seattle-Memory Hub	Caregivers	2nd Monday	1:00 to 2:30pm	Kimber Behrends	206.529.3865	In-Person
Seattle/GenPride - LGBTQIA+	Caregivers	3rd Tuesday	6:30 to 8:00pm	Lionel Wang	206-854-4700	Zoom
Sequim	Caregivers	2nd Saturday	1:00 to 2:30pm	Celene Van Buren	970-222-9233	Zoom
Silverdale	Caregivers	1st Tuesday	10:30am-12:00pm	Lora Lehner	360-649-6793	In-Person
Snohomish	Caregivers	2nd Thursday	7:00 to 8:30pm	Megan Maples Jennifer Dennis	425-501-6444 425-346-1863	In-Person
Spokane Downtown	Caregivers	3rd Tuesday	1:30 to 3:00pm	Beth Priest - facilitator	509-590-3965	In-Person
Spokane North	Caregivers	2nd Monday	1:00 to 2:30pm	Paul Dionne	509-290-1816	In-Person
Spokane North	Caregivers	4th Monday	1:00 to 2:30pm	Paul Dionne	509-290-1816	In-Person
Spokane South	Caregivers	4th Saturday	10:30am-12pm	Anne Parsons	509-795-4668	In-Person
Spokane Valley	Caregivers	1st Wednesday	10:00am-12pm	Suzanne (Sue) Griner	509-863-1933	In-Person
Spokane Valley	Caregivers	3rd Wednesday	10:00am-12pm	Suzanne (Sue) Griner	509-863-1933	In-Person
Spokane-Deer Park	Caregivers	2nd Wednesday	1:00 to 2:30pm	Paul Dionne	509-290-1816	In-Person
Tacoma	Caregivers	1st Thursday	11:00am to 1:00pm	Jacquelyn Whalen	253-922-3221	In-Person



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Tacoma	Caregivers	1st Wednesday	10:00am to 12:00pm	Jacquelyn Whalen	253-922-3221	Zoom
Tacoma LSC	Caregivers	2nd Wednesday	11:30am to 1:00pm	Carole Velez	253-320-4216	In-Person
Tacoma Sunday	Caregivers	1st Sunday	2:00pm-3:30pm	Leah Amyakar	206-369-2544	In-Person
Tacoma Sunday	Caregivers	3rd Sunday	2:00pm-3:30pm	Leah Amyakar	206-369-2544	In-Person
Tacoma/Lakewood	Adult Children Caring for a Parent	3rd Monday	5:30 to 7:00pm	Debbie Washburn	253-798-4090	Phone
Tri-Cities	Caregivers	1st Wednesday	1:00 to 2:30pm	Jerry Boggs	619-760-3445	In-Person
Tri-Cities	Caregivers	3rd Wednesday	1:00 to 2:30pm	Jerry Boggs	619-760-3445	In-Person
University Place	Caregivers	1st Tuesday	1:00 to 2:30pm	Karen Hyde	360-819-3642	In-Person
Vashon Island	Caregivers	3rd Wednesday	1:00 to 2:30 pm	Regina Lyons	206.355.3123	In-Person
Walla Walla	Caregivers	1st Sunday	1:30 to 3:00 p.m.	Alex Engels	509-956-4938	In-Person
Wenatchee	Caregivers	1st Saturday	10:00 to 11:30 am	Carmen Gamble	509-393-0789	In-Person
Wenatchee	Caregivers	3rd Saturday	10:00 to 11:30 am	Carmen Gamble	509-393-0789	In-Person
Wenatchee-Evening	Caregivers	1st Monday	6:30-7:30pm	Melissa Milne Julie Nyenhuis	509-663-7146	In-Person