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2022 SUPPORT GROUPS for caregivers

Boulder & Mountain Area

**Salida** (in person group) | 1st Thursday | 10:45 am - 12:00 pm
First Presbyterian Church 7 | Poncha Blvd., Salida 81201

**Boulder** (in person group) | 1st Thursday | 12:15 - 1:30 pm
West Age Well Center | 909 Arapahoe Ave., Boulder 80302

**Erie** (in person group) | 1st Thursday & 3rd Thursday | 4:00 - 5:30 pm
Erie Community Center | 450 Powes St., Erie 80516

**Niwot** (in person group) | 2nd Tuesday | 10:00 - 11:00 am
Una Vida | 7960 Niwot Rd. B12, Niwot 80503

**Longmont** (in person group) | 2nd Tuesday | 12:00 - 1:30 pm
Longmont Senior Center | 910 Longs Peak Ave., Longmont 80501

**Avon** (hybrid group) | 2nd Tuesday | 4:30 - 6:00 pm
Eagle River Presbyterian Church | 455 Nottingham Ranch Rd., Avon 81620

**Louisville** (in person group) | 2nd Thursday | 6:00 - 7:30 pm
Louisville Senior Center | 900 Via Appia Way, Louisville 80027

**Broomfield** (in person group) | 3rd Tuesday | 10:00 - 11:30 am
Broomfield Community Center | 280 Spader Way, Broomfield 80020

**Boulder Men’s Group** (in person group) | 3rd Wednesday | 1:00 - 2:00 pm
West Age Well Center | 909 Arapahoe Ave, Boulder 80302

**Eagle** (hybrid group) | 4th Tuesday | 3:30 - 5:00 pm
Golden Eagle Community Center | 715 Broadway St., Eagle 81531

**Longmont** (in person group) | 4th Thursday | 1:00 - 2:30 pm
Faith Community Lutheran Church | 9775 Ute Hwy., Longmont 80504
2022 SUPPORT GROUPS for caregivers

Central & Southern Colorado

Woodland Park (virtual group) | 1st Tuesday | 4:30 - 6:00 pm
Woodland Park

Trinidad (in person group) | 1st Tuesday | 5:30 - 7:00 pm
Zion Lutheran Church | 510 Pine St., Trinidad 81082

Colorado Springs (in person group) | 1st Saturday | 10:00 - 11:30 am
Broadmoor Community Church | 315 Lake Ave., Colorado Springs 80906

Colorado Springs (in person group) | 2nd Tuesday | 1:15 - 2:45 pm
Luther Hall | 1524 N. Tejon, Colorado Springs 80907

Pueblo Bilingual (in person group) | 2nd & 4th Wednesday | 1:00 - 2:00 pm
English & Spanish | SRDA | 230 N Union Ave., Pueblo 81003

Colorado Springs (virtual group) | 2nd Friday | 10:00 - 11:30 am
Sunrise Church

Monument (in person group) | 2nd Saturday | 9:45 - 11:15 am
First National Bank of Monument | 581 Highway 105, Monument 80132

Fountain (in person group) | 3rd Monday | 2:00 - 3:30 pm
Fountain Valley Senior Center | 5745 Southmoor Dr., Fountain 80817

Colorado Springs (in person group) | 3rd Thursday | 1:30 - 3:00 pm
First Presbyterian Church | 219 E. Bijou, Colorado Springs 80903

Colorado Springs (in person group) | 4th Tuesday | 6:30 - 8:00 pm
Calvary United Methodist Church | 4210 Austin Bluffs Pkwy., Colorado Springs 80918

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No cost to attend. For more information call 800.272.3900 or visit alz.org/co
2022 SUPPORT GROUPS for caregivers

Denver Area

**Aurora** (in person group) | 1st Monday | 1:00 - 2:30 pm
Christ the Savior Lutheran Church | 1092 S. Nome St., Aurora 80012

**Castle Rock** (hybrid group) | 1st Friday | 2:00 - 4:00 pm
Phillip S. Miller Library | 100 S. Wilcox St., Castle Rock 80104

**Lakewood** (hybrid group) | 1st Saturday | 1:00 - 3:00 pm
Lakewood Public Library | 10200 W. 20th Ave., Lakewood 80215

**Denver** (hybrid group) | 2nd Monday | 1:00 - 2:30 pm
Christ Episcopal Church | 2950 S. University Blvd., Denver 80210

**Arvada** (hybrid group) | 2nd Monday | 6:00 - 7:30 pm
Standley Lake Library | 8485 Kipling St., Arvada 80012

**Centennial** (in person group) | 2nd Tuesday | 1:00 - 2:30 pm
Good Shepherd Episcopal Church | 8548 E. Dry Creek Rd., Centennial 80112

**Littleton** (hybrid group) | 2nd Wednesday | 7:00 - 9:00 pm
South Suburban Christian Church | 7275 S. Broadway, Littleton 80122

**Lakewood** (in person group) | 3rd Wednesday | 3:00 - 4:00 pm
Carmel Oaks Senior Living | 1811 S. Harlan Circle, Lakewood 80232

**Westminster** (in person group) | 3rd Thursday | 10:00 - 11:30 am
Covenant Village | 9153 Yarrow St., Westminster 80021

**Centennial** (virtual group) | 3rd Friday | 1:00 - 2:30 pm
Goodsen Recreation Center | 6315 S. University Blvd., Centennial 80121

**Denver** (virtual group) | 4th Wednesday | 6:30 - 8:00 pm
Augustana Lutheran Church | 5000 E. Alameda Ave., Denver 80246

**Arvada** (in person group) | 4th Friday | 9:00 - 10:30 am
Arvada United Methodist | 6750 Carr St., Arvada 80004

**Northglenn/Parker** (virtual group) | 4th Saturday | 10:00 - 11:30 am
Northglenn Recreation Center | 11801 Community Center Dr., Northglenn 80233

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2022
SUPPORT GROUPS for caregivers

Denver Area Specialized Groups

**Adult Children Support Group** (virtual group) | 1st Wednesday | 7:00 - 8:30 pm
A support group for children caring for aging parents

**Frontotemporal Dementia Caregiver Group** (virtual group) | 2nd Tuesday | 5:30 - 7:00 pm
Porter Adventist Hospital | 2525 S. Downing St., Denver 80210

**Men’s Support Group** (hybrid group) | 3rd Tuesday | 12:00 - 1:30 pm
Bethany Lutheran Church | 4500 E. Hampden Ave., Cherry Hills Village, CO 80113

**Lewy Body Dementia Caregiver Support Group** (virtual group) | 3rd Thursday | 6:00 - 7:30 pm

**LGBTQ Care Partner Support Group** (virtual group) | 3rd Tuesday | 11:00 am - 12:00 pm

**Younger Onset - Adult Children Support Group** (virtual group) | 2nd Wednesday | 6:30 - 7:30 pm
A support group for adult children caring for parents with younger-onset dementia

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or call 24/7 Helpline: 800.272.3900

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2022 SUPPORT GROUPS for caregivers

Northern Colorado

Fort Collins (virtual group) | Every Monday | 1:00 - 2:00 pm
Elderhaus

Fort Collins (virtual group) | Every Wednesday | 9:30 - 10:30 am
Elderhaus

Fort Collins Faith Based (virtual group) | 1st, 3rd, 4th & 5th Wednesday | 10:00 - 11:30 am
Timberline Church

Fort Collins (virtual group) | 1st Thursday | 1:00 - 2:30 pm
Fort Collins

Walden (in person group) | 1st Thursday | 2:00 - 3:00 pm
Walden Senior Center | 312 5th St., Walden 80480

Loveland (hybrid group) | 1st & 3rd Thursday | 2:00 - 3:30 pm
First Christian Church | 2000 N Lincoln Ave., Loveland 80538

Fort Collins Men’s Caregiver Support Group (in person group) | 1st & 3rd Friday | 12:00 - 1:30 pm
Pathways Hospice | 305 Carpenter Rd., Fort Collins 80525

Longmont (in person group) | 2nd Tuesday | 12:00 - 1:30 pm
Longmont Senior Center | 910 Longs Peak Ave., Longmont 80501

Steamboat Springs (in person group) | 2nd Tuesday | 10:30 - 11:30 am
Steamboat Springs Community Center | 1605 Lincoln Ave., Steamboat Springs 80487

No cost to attend. For more information call 800.272.3900 or visit alz.org/co
Northern Colorado

**SUPPORT GROUPS**

**Loveland** (in person group) | **2nd & 4th Tuesday** | **3:00 - 4:00 pm**
Loveland Good Samaritan Village | 2101 S. Garfield Ave., Loveland 80537

**Estes Park** (in person group) | **2nd & 4th Tuesday** | **9:30 - 10:45 am**
Good Samaritan Village | 1901 Ptarmigan Trl., Estes Park 80517

**Fort Collins Faith Based** (in person group) | **2nd Wednesday** | **9:30 - 10:30 am**
Timberline Church | 2908 S. Timberline Rd., Fort Collins 80525

**Fort Collins Self Care Saturday** (hybrid group) | **2nd Saturday** | **10:00 - 11:30 am**
Please call 800.272.3900 for location | Fort Collins 80524

**Glenwood Springs** (in person group) | **3rd Friday** | **3:30 - 4:30 pm**
Glenwood Springs Library | 815 Cooper Ave., Glenwood Springs 81601

**Longmont** (in person group) | **4th Thursday** | **1:00 - 2:30 pm**
Faith Community Lutheran Church | 9775 Ute Hwy., Longmont 80504

**Sandwich Generation Caregiver Group** (hybrid group) | **4th Saturday** | **10:00 - 11:30 am**
A support group for those raising children and caring for an elder with dementia
Alzheimer’s Association Office | 415 Peterson St., Fort Collins 80524
Specialized Groups

Grieving After Dementia (virtual group) | 1st & 3rd Monday | 11:30 - 1:00 am

Adult Children Caregiver Group (virtual group) | 1st Wednesday | 7:00 - 8:30 pm
A support group for children caring for aging parents

Early Stage Caregiver Group (virtual group) | 1st Thursday | 1:00 - 2:00 pm
First steps in a dementia journey

Lewy Body Dementia Caregiver Group (virtual group) | 2nd Monday | 6:00 - 7:30 pm

Frontotemporal Dementia Caregiver Group (virtual group) | 2nd Tuesday | 5:30 - 7:00 pm

Grieving Through Dementia (virtual group) | 2nd Wednesday | 10:00 - 11:30 am

Younger Onset Caregiver Group (virtual group) | 2nd Wednesday | 6:00 - 7:00 pm

Adult Children Caregiver Group (virtual group) | 3rd Wednesday | 7:00 - 8:00 pm
A support group for children caring for aging parents

Lewy Body Dementia Caregiver Group (virtual group) | 3rd Thursday | 6:00 - 7:30 pm

Frontotemporal Dementia Caregiver Group (virtual group) | 3rd Friday | 10:30 - 11:30 am

Sandwich Generation Caregiver Group (hybrid group) | 4th Saturday | 10:00 - 11:30 am
A support group for those raising children and caring for an elder with dementia

Register at alz.org/crf or call 24/7 Helpline: 800.272.3900

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2022 SUPPORT GROUPS for caregivers

Western Slope

Grieving After Dementia (virtual group) | 1st & 3rd Monday | 11:30 am - 12:30 pm

Western Colorado Veterans Caregiver Group (virtual group) | 1st Tuesday | 9:30 - 10:30 am

Durango (hybrid group) | 1st, 3rd & 5th Wednesday | 10:30 am - 12:00 pm
La Plata Senior Center | 2424 Main Ave., Durango 81301

Montrose (in person group) | 2nd & 4th Tuesday | 1:00 pm - 2:00 pm
US Bank | 1500 E Oak Grove Rd, Montrose 81401

Montrose (in person group) | 2nd & 4th Tuesday | 3:00 pm - 4:00 pm
US Bank | 1500 E Oak Grove Rd, Montrose 81401

Montrose (virtual group) | 2nd & 4th Friday | 10:30 - 11:30 am

Grand Junction (in person group) | 4th Wednesday | 1:00 - 2:00 pm
Alzheimer’s Association Office | 2232 N 7th St. Ste B1, Grand Junction 81501

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