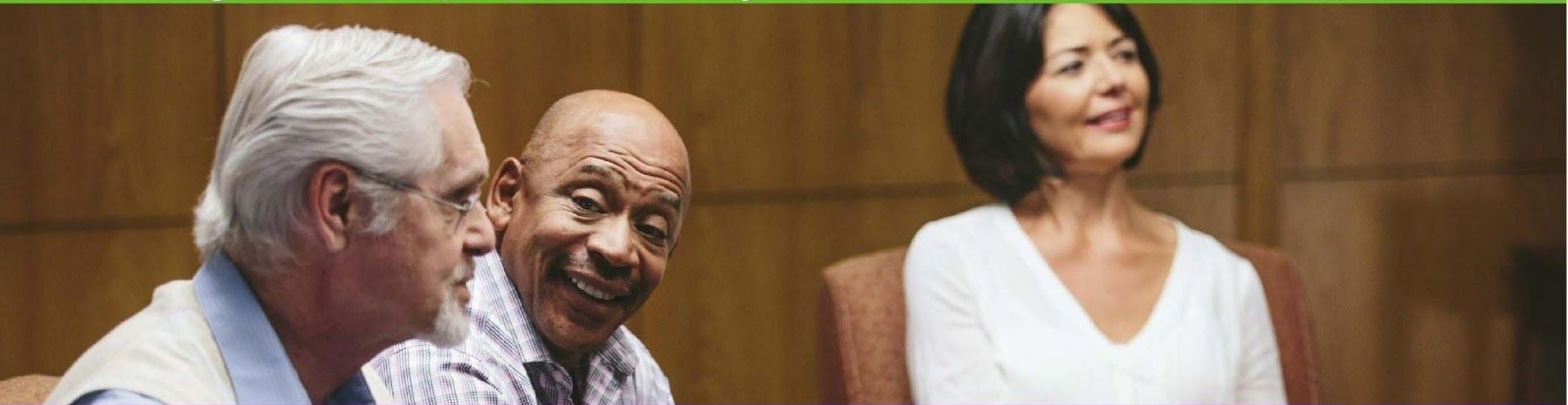


Alzheimer's Support Group

enhancing the lives of people affected by alzheimer's



What is an Alzheimer's Association support group?

A safe place to learn, offer and receive helpful tips, and meet others coping with Alzheimer's disease or another dementia. Meetings typically take place monthly, are always free, and are open to the public.

In some areas, specially designed support groups are available for people with early-stage memory loss, male caregivers, adult children caregivers, younger partners and frontotemporal degeneration. Some groups provide transportation service or care for people with dementia during the meetings.


Why do you need a support group?

Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation, more able to confront their daily problems, and more hopeful about their future.

For information and assistance finding a group near you, please call the Alzheimer's Association 24/7 Helpline, at **800.272.3900** or visit alz.org/greatermissouri.

If you are a student wanting to observe the group, please call the Alzheimer's Association at 800.272.3900 for approval. Support groups are closed to care providers promoting their services.

ALZConnected (alzconnected.org) is a free online message board for caregivers and those who have Alzheimer's or another related dementia. If you cannot locate a virtual support group available during a time that works for you, ALZConnected may be a support solution for you.

Virtual Caregiver Support Groups			alzheimer's  association® 800-272-3900	
Group	Facilitator	Virtual Connection	Phone	Meeting Time
General Caregiver Support Groups - For all Caregivers				
195 Christian Hospital Dementia Caregiver Support Group	Pat Brown	Contact facilitator for dial-in information or virtual chat link	314-341-9334	1st Monday of each month from 10:00 to 11:30 a.m.
201 Missouri Memory Center	Julia Schreiber Billie Baldwin	Contact facilitator for dial-in information or virtual chat link	417-860-2842 417-298-0354	2nd Monday of each month from 5:00 to 6:00 pm
200 Alzheimer's Caregiver Support Group	Heidi Foster	Contact facilitator for dial-in information or virtual chat link	417-832-0577	1st Tuesday of each month from 1:30 to 3:00pm
203 Union United Methodist Church Alzheimer's Caregiver Support Group	Georgia Miller Jeanette Long	Contact facilitator for dial-in information or virtual chat link	636-744-3106	1st Tuesday of each month from 6:00 to 7:30pm
204 Willard First Baptist Church	Carol Bourbina Barbara Cosby	Contact facilitator for dial-in information or virtual chat link	417-742-3071 417-742-2532	1st Tuesday of each month from 6:00 to 7:30pm.
222 West Plains Alzheimer's Group	Vena Shaffer Cynthia Haigler	Contact facilitator for dial-in information or virtual chat link	417-496-1948 417-593-4418	2nd Tuesday of each month from 11:00 am to 12:00 pm
149 St. John's Community Care	Gail Shaw Diane Nelson	Contact facilitator for dial-in information or virtual chat link	618-344-5008	2nd Tuesday of each month from 1:30 to 3:00pm


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133 Alzheimer's Caregiver Support Group at the Library	Carol Dippold	Contact facilitator for dial-in information or virtual chat link	573-271-0734	2 nd Tuesday of each month from 6:00 to 7:30pm
181 O'Fallon Caregiver Dementia Support Group	Steve and Angie Garner	Contact facilitator for dial-in information or virtual chat link	636-219-9645	2 nd Tuesday of each month from 6:00 to 7:30 pm
155 St. Thomas Holy Spirit Lutheran Church	Chuck Jahneke	Contact facilitator for dial-in information or virtual chat link	314-495-3419	2 nd Tuesday of each month from 7:00 to 8:30pm
139 Nazareth Living Center	Sheila Chibnall-Treptow Angela Kalinowski	Contact facilitator for dial-in information or virtual chat link	314-649-4686	3 rd Tuesday of each month from 1:00 to 2:330pm
166 Cassidy United Methodist Church	Heidi Foster	Contact facilitator for dial-in information or virtual chat link	417-832-0577	3 rd Tuesday of each month from 1:30 to 3:00pm
173 Arnold Dementia Support Group	Kris Stark	Contact facilitator for dial-in information or virtual chat link	573-701-4107	3 rd Tuesday of every month from 1:30 to 3:00pm
223 Oak Pointe of Monett	Kathy Shepard	Contact facilitator for dial-in information or virtual chat link	417-235-3500	1 st Wednesday of each month from 11:00 am to 12:30pm
168 Greater SEMO Dementia Support Group	Carol Dippold	Contact facilitator for dial-in information or virtual chat link	573-271-0734	1 st Wednesday of each month from 1:00 to 2:30pm
106 Beloved Community United Methodist Church	Marie Meisel James Williams	Contact facilitator for dial-in information or virtual chat link	618-977-7066 314-368-3127	1 st Wednesday of each month from 1:30 to 3:00pm
193 Dementia Caregiver Workshop Series	Tina Hartung Jim Espie	Contact facilitator for dial-in information or virtual chat link	636-541-1453	1 st Wednesday of each month from 6:30 to 8:00 p.m.
180 Republic Dementia Caregiver Support Group	Kathy Shepard	Contact facilitator for dial-in information or virtual chat link	417-235-3500	2 nd Wednesday of each month from 10:00 to 11:30am
211 Central Crossing Caregiver Support Group	Kathy Shephard	Contact facilitator for dial-in information or virtual chat link	417-236-6541	3 rd Wednesday of each month from 10:00 to 11:30 a.m.

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199 Aging Matters Dementia Caregiver Support Group	Kathy Bullis	Contact facilitator for dial-in information or virtual chat link	573-335-3331 Ext. 121	3rd Wednesday of each month from 2:00 to 3:30 p.m.
164 Meramec Bluffs Senior Living	Carla Schmidt	Contact facilitator for dial-in information or virtual chat link	636-923-2364	1 st Thursday of each month from 10:00 to 11:30am
151 St. John's Lutheran Church	Molly Hendershot Cheri Hofeldt	Contact facilitator for dial-in information or virtual chat link	636-488-5751 636-456-3070	1 st Thursday of each month from 1:00 to 2:30pm
191 Dementia Caregiver Support Group	Amanda Santel Connie Owens	Contact facilitator for dial-in information or virtual chat link	618-244-5580	1st Thursday of each month from 1:00 to 2:30 p.m.
202 Alzheimer's Caregivers Support Group	Betty Berendzen	Contact facilitator for dial-in information or virtual chat link	573-632-5593	2 nd Thursday of each month from 12:00pm (noon) to 1:30pm
146 Grace United Methodist Church	Tiffany Bullard Rick McCullum	Contact facilitator for dial-in information or virtual chat link	618-322-0095 618-548-2164	2 nd Thursday of each month from 6:30 to 8:00pm
142 Nurses & Company	Ann Groomes, R.N. Julie Foelsch, R.N.	Contact facilitator for dial-in information or virtual chat link	636-357-2840 636-926-3722	2nd Thursday of each month from 7:00 to 8:30pm
104 Alton Memorial Hospital – Senior Renewal	Julie Clayton	Contact facilitator for dial-in information or virtual chat link	618-920-5212	2 nd Friday of each month from 2:00 to 4:00pm
125 First Presbyterian Church	Alice Bowen David Evans	Contact facilitator for dial-in information or virtual chat link	314-822-1177	3 rd Saturday of each month from 10:00 to 11:30am
<i>Specialty Caregiver Support Groups - Adult Children</i>				
101 For Adult Children Caregivers	Lisa Bornstein	Contact facilitator for dial-in information or virtual chat link	314-608-7088	1 st Tuesday of each month at 7pm
102 For Adult Children Caregivers	Connie Fry	Contact facilitator for dial-in information or virtual chat link	314-504-5014	2 nd Wednesday of each month at 7pm
<i>Specialty Caregiver Support Groups - Male Caregivers</i>				
136 Male Caregiver Experience - West	Chuck Jahneke Jim Miget	Contact facilitator for dial-in information or virtual chat link	314-495-3149 314-607-0531	1 st Tuesday of each month from 10:00am to 11:30am

Specialty Caregiver Support Groups - Younger Partners				
162 For Younger Partner Caregivers	Terri Hosto Andrea Denny	Contact facilitator for dial-in information or virtual chat link	314-623-4117 817-366-2653	3 rd Wednesday of each month at 7pm

Virtual Early Stage Support Groups			 800-272-3900	
Group	Facilitator	Virtual Connection	Phone	Meeting Time
Early Stage Caregivers - St. Charles County, Community Commons	Wanda Hults	Contact facilitator for dial-in information or virtual chat link	636-346-7491	1st Tuesday of each month from 10:30 - Noon
Early Stage Caregivers - Columbia MO, Services for Independent Living	Janie Shelburn Colleen Hollestelle	Contact facilitator for dial-in information or virtual chat link	573-220-8336 573-239-6210	3rd Tuesday of each month from 5:30 - 6:30 p.m.
Early Stage Caregivers - St. Louis, Salem United Methodist	Debbie Eldridge	Contact facilitator for dial-in information or virtual chat link	314-852-6644	1st Wednesday of each month from 7:00 - 8:30 p.m.
Early Stage Caregivers - St. Louis Alzheimer's Association Office	Marta Goldberg	Contact facilitator for dial-in information or virtual chat link	314- 324-1688	4th Wednesday of each month from 1:30 - 3:00 p.m.
People Living with Early Stage Memory Loss	Matthew Wynn Colleen Hollestelle	Contact facilitator for dial-in information or virtual chat link	573-239-6210 925-817-0702	Every other Thursday, 7:00 - 8:00 p.m.