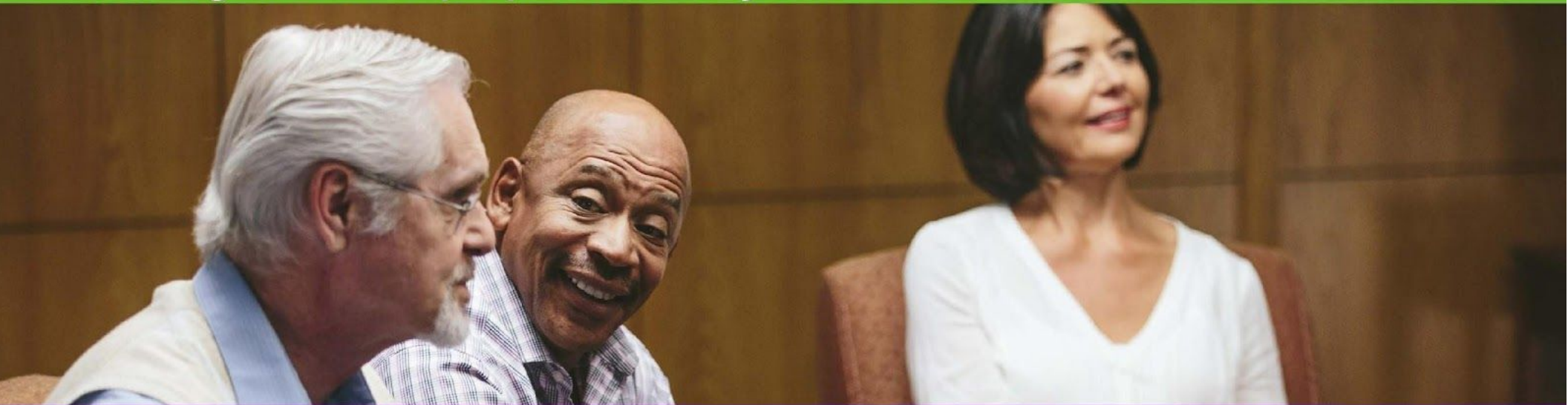


Alzheimer's Support Group

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	
<i>Group</i>	<i>Facilitator</i>	<i>Virtual Connection</i>	<i>Phone</i>	<i>Meeting Time</i>
General Caregiver Support Groups - For all Caregivers				
195 Christian Hospital Dementia Caregiver Support Group	Pat Brown	Contact facilitator for conference call dial-in information	314-341-9334	1st Monday of each month from 10:00 to 11:30 a.m.
216 King's Way Alzheimer's Caregiver Support Group	Jennifer McBride	Contact facilitator for virtual connection information	417-718-6822	2nd Monday of each month from 6:00 to 7:30 p.m.
192 Coffee Connection Alzheimer's Support Group	Angie Heiman Julie Hoskins Felicia Menke Cindy Rapp	Contact facilitator for conference call dial-in information	618-534-3227	4th Monday of each month from 9:30 to 11:00 a.m.
200 Alzheimer's Caregiver Support Group	Heidi Foster	Contact facilitator for conference call dial-in information	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 conference call dial-in information	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 conference call dial-in information	417-742-3071 417-742-2532	1st Tuesday of each month from 6:00 to 7:30pm.

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222 West Plains Alzheimer's Group	Vena Shaffer Cynthia Haigler	Contact facilitator for conference call dial-in information	417-496-1948 417-593-4418	2 nd 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 virtual connection information	618-344-5008	2 nd Tuesday of each month from 1:30 to 3:00pm
133 Alzheimer's Caregiver Support Group at the Library	Carol Dippold	Contact facilitator for conference call dial-in information	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 conference call dial-in information	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 conference call dial-in information	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 conference call dial-in information	314-396-6875 314-649-4689	3 rd Tuesday of each month from 1:00 to 2:330pm
166 Cassidy United Methodist Church	Heidi Foster	Contact facilitator for conference call dial-in information	417-832-0577	3 rd Tuesday of each month from 1:30 to 3:00pm
165 Marshfield Senior Center	Chris Parker	Contact facilitator for virtual connection information	417-859-3555	3 rd Tuesday of each month from 4:00 to 5:30pm
194 Dementia Caregiver Support Group	Mark Applegate Stacey Boyce	Contact facilitator for virtual connection information	417-955-2513	3 rd Tuesday of each month from 6:00 to 7:30 p.m.
107 Cardinal Ritter Senior Services	Ellie Hanson	Contact facilitator for virtual connection information	314-918-2259	4 th Tuesday of each month (except December) from 1:30 to 3:00 p.m.
112 Delmar Gardens South	Darlene Coats	Contact facilitator for conference call dial-in information	314-600-4484	4 th Tuesday of each month from 7:00 to 8:30 p.m.

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223 Oak Pointe of Monett	Kathy Shepard	Contact facilitator for virtual connection information	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 conference call dial-in information	573-271-0734	1 st Wednesday of each month from 1:00 to 2:30pm
188 Care Connection for Aging Services Alzheimer's Support Group	Dee Locke	Contact facilitator for virtual connection information	1-800-748-7826	1st Wednesday of each from month 1:00 to 2:30pm
106 Beloved Community United Methodist Church	Marie Meisel James Williams	Contact facilitator for conference call dial-in information	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 conference call dial-in information	636-541-1435	1st Wednesday of each month from 6:30 to 8:00 p.m.
180 Republic Dementia Caregiver Support Group	Kathy Shepard	Contact facilitator for virtual connection information	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 virtual connection information	417-236-6541	3rd Wednesday of each month from 10:00 to 11:30 a.m.
199 Aging Matters Dementia Caregiver Support Group	Kathy Bullis	Contact facilitator for virtual connection information	573-335-3331 Ext. 121	3rd Wednesday of each month from 2:00 to 3:30 p.m.
113 Alzheimer's Caregiver Support Group	Lori Condict	Contact facilitator for virtual connection information	314-489-4772	4th Wednesday of each month from 1:30 to 3:00 p.m.
198 Dementia Caregiver Support Group	Laurie Schanot	Contact facilitator for virtual connection information	636-591-0423	4th Wednesday of each month from 5:30 to 7:00 p.m.
164 Meramec Bluffs Senior Living	Carla Schmidt	Contact facilitator for virtual connection information	636-923-2364	1 st Thursday of each month from 10:00 to 11:30am

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151 St. John's Lutheran Church	Molly Hendershot Cheri Hofeldt	Contact facilitator for conference call dial-in information	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 conference call dial-in information	618-244-5580	1 st Thursday of each month from 1:00 to 2:30 p.m.
202 Alzheimer's Caregivers Support Group	Betty Berendzen	Contact facilitator for conference call dial-in information	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 conference call dial-in information	618-322-0095 618-548-2164	2 nd Thursday of each month from 6:30 to 8:00pm
123 Farmington Senior Center	Laurie Black	Contact facilitator for virtual connection information	573-756-9800	4 th Thursday of each month from 2:00 to 3:30pm
125 First Presbyterian Church	Alice Bowen David Evans	Contact facilitator for virtual connection information	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 virtual connection information	314-608-7088	1 st Tuesday of each month at 7pm
102 For Adult Children Caregivers	Connie Fry	Contact facilitator for virtual connection information	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 conference call dial-in information	314-495-3149 314-607-0531	1 st Tuesday of each month from 10:00am to 11:30am
<i>Specialty Caregiver Support Groups - Younger Partners</i>				
162 For Younger Partner Caregivers	Terri Hosto Andrea Denny	Contact facilitator for virtual connection information	314-623-4117 817-366-2653	3 rd Wednesday of each month at 7pm

<h1 style="margin: 0;">Virtual Early Stage Support Groups</h1>			alzheimer's  association® 800-272-3900	
<i>Group</i>	<i>Facilitator</i>	<i>Virtual Connection</i>	<i>Phone</i>	<i>Meeting Time</i>
Early Stage Caregivers - St. Charles County, Community Commons	Wanda Hults	Contact facilitator for virtual connection information	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 virtual connection information	573-220-8336 573-239-6210	3rd Tuesday of each month from 5:30 - 6:30 p.m.
Early Stage Caregivers - St. Louis, Parkway UCC	Ginny Eades	Contact facilitator for virtual connection information	314-348-2351	1st Tuesday of each month from 7:00 - 8:30 p.m.
Early Stage Caregivers - St. Louis Alzheimer's Association Office	Marta Goldberg	Contact facilitator for virtual connection information	314- 324-1688	4th Wednesday of each month from 1:30 - 3:00 p.m.
People Living with Early Stage Memory Loss	Colleen Hollestelle	Contact facilitator for virtual connection information	573-239-6210	3rd Thursday of each month from 7:00 - 8:00 p.m.