



## Alzheimer's Association® Support Groups

Support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems.

### ***Alzheimer's Association Caregiver Support Groups***

Alzheimer's Association caregiver support groups are conducted by trained facilitators and are a safe place for caregivers, family and friends of persons with dementia. These groups help caregivers develop a support system, allow members to exchange practical information on caregiving challenges and possible solutions, and talk through issues and ways of coping, as well as share feelings, needs and concerns. They are also a place to learn about outside community resources.

See attached pages for a complete listing of our caregiver support group in Multnomah, Clackamas, Washington, Yamhill, and Clark counties.

### ***Telephone Caregiver Support Group***

Alzheimer's Association telephone support groups provide emotional, educational and social support for caregivers through regularly scheduled meetings. Held via telephone/conference call to accommodate individuals living in remote areas or who are unable to travel to a meeting site, these groups operate similarly to in-person caregiver support groups. To register, please call 800-272-3900.

Telephone Caregiver Support Group is held on the third Thursday of the month from 1 to 2:00 p.m.

### ***Alzheimer's Association Early-Stage Support Groups***

Early-stage support groups provide emotional, educational and social support for people in the early stages (or beginning stages) of Alzheimer's disease or dementia, irrespective of age. Care partners are strongly encouraged to attend as well. Screening and registration are required for all potential early-stage support group participants. To register, please call 800-272-3900.

See attached pages for a complete listing of our early-stage support groups in Multnomah, Clackamas, Washington, and Clark counties.

***Please call 1-800-272-3900 for more information or to register.***

alzheimer's  association®

# CAREGIVER SUPPORT GROUPS

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## CLACKAMAS COUNTY

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### **Lake Oswego Adult Community Center**

Third Wednesday of the month, 1:30 to 3:30 p.m.  
Second Thursday of the month, 6:30 to 7:30 p.m.  
505 G. Ave., Lake Oswego, OR 97034

### **Pioneer Community Center**

Third Wednesday of the month, 12 to 1:30 p.m.  
615 Fifth St., Oregon City, OR 97045

### **Sandy Community Center**

Second Wednesday of the month, 1 to 3 p.m.  
38348 Pioneer Blvd., Sandy, OR 97055

### **Kaiser Permanente-Mount Scott**

Third Friday of the month, 10 to 11:30 a.m.  
9800 SE Sunnyside Rd, Rm. B  
Clackamas, OR 97015

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## WASHINGTON COUNTY

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### **Beaverton Community Center**

Third Thursday of the month, 2 to 3:30 p.m.  
12350 SW Fifth St., Beaverton, OR 97005

### **Elsie Stuhr**

Second Thursday of the month, 1 to 3 p.m.  
5550 SW Hall Blvd., Beaverton, OR 97005

### **Tigard Senior Center**

Fourth Tuesday of the month, 7 to 8:30 p.m.  
8815 SW Omara St., Tigard, OR 97223

### **Juanita Pohl Center**

First Tuesday of the month, 1 to 2:30 p.m.  
8513 SW Tualatin Road, Tualatin, OR 97062

### **Murray Hills Christian Church**

Second Wednesday of the month, 6 to 7:30 p.m.  
15050 SW Weir St., Beaverton, OR 97007

### **Kaiser Permanente-Westside Medical Center**

Third Tuesday of the month, 10:30 a.m. to 12 p.m.  
2875 NW Stucki Ave., Ginko Room, Hillsboro, OR

### **Hillsboro Tuality Health Education Center**

Third Tuesday of the month, 7 to 8:30 p.m.  
334 SE 8th Ave, Hillsboro, Or 97123

### **Avamere at Hillsboro**

First Tuesday of the month, 1 to 2 p.m.  
2000 SE 30th Ave., Hillsboro, OR 97123

### **Beaverton Elmer's Restaurant**

Second Thursday of the month 5:30-7 pm  
1250 NW Waterhouse Blvd. Beaverton, OR 97005

### **Summerfield Clubhouse**

Third Tuesday of the month from 1-3 pm  
10650 SW Summerfield Dr., Tigard, OR 97224

### **Cedar Crest Alzheimer's Special Care Center**

Second Tuesday of the month from 3-4 pm  
18325 SW Pacific Hwy, Tualatin, OR 97062

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## YAMHILL COUNTY

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### **Friendsview Retirement Community**

Second and fourth Thursdays of the month, 2 to 3 p.m.  
Manor 1st Floor Recreation Room  
1301 Fulton St., Newberg, OR 97132

*Please call 1-800-272-3900 for more information or to register.*

# CAREGIVER SUPPORT GROUPS

## MULTNOMAH COUNTY

### ***Providence Emilie House***

#### ***For Caregivers of Parents***

Second Saturday of the month  
10 to 11:30 a.m.  
5520 NE Glisan St.  
Portland, OR 97213

### ***Friendly House***

#### ***For LGBT Caregivers***

First Wednesday of the month  
6-7:30 p.m.  
1737 NW 26<sup>th</sup> Ave.  
Portland, OR 97215

### ***Caldera Public House***

#### ***For Caregivers of those with Younger Onset***

Fourth Monday of the month  
6:30 to 8 p.m.  
6031 SE Stark St.  
Portland, OR 97215

### ***The Madeline Parish***

#### ***For Male Caregivers***

Second Saturday of the month  
9:30 to 11 a.m.  
3123 NE 24th Ave., Rectory dining room  
Portland, OR 97212

### ***Courtyard at Mt. Tabor***

Second Wednesday of the month  
6 to 7:30 p.m.  
6323 SE Division  
Portland, OR 97206

### ***Mirabella***

First Tuesday of the month  
6 to 7:30 p.m.  
3550 SW Bond Ave., Park View Room  
Portland, OR 97239

### ***Northwest Primary Care-Sellwood Clinic***

Third Wednesday of the month  
6:30 to 8 p.m.  
6327 SE Milwaukie Ave.  
Portland, OR 97222

### ***Summit Research Memory Health Center***

Third Wednesday of the month  
2 to 3:30 p.m.  
2701 NW Vaughn St., Suite 350  
Portland, OR 97210

### ***Hollywood Senior Center***

Second Wednesday of the month at 2 to 3:30 p.m.  
Fourth Sunday of the month at 2 to 3:30 p.m.  
1820 NE 40<sup>th</sup> Ave.  
Portland, OR 97212

### ***Gresham Trinity Lutheran Church***

Fourth Wednesday of the month  
1 to 2:30 p.m.  
507 W. Powell Blvd.  
Gresham, OR 97030

### ***Kaiser Permanente-Interstate Medical Office***

First Monday of the month  
10 to 11:30 a.m.  
3600 N. Interstate Ave., Rm. 2B  
Portland, OR 97227

### ***Gresham Senior Center***

Second Thursday of the month  
10 to 11:30 a.m.  
600 NE 8th St., Gresham, OR 97030

### ***Hawthorne Gardens***

Third Wednesday of the month  
6:30 to 7:30 pm  
2828 SE Taylor St., Portland, OR 97214

*Please call 1-800-272-3900 for more information or to register.*

# CAREGIVER SUPPORT GROUPS

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## CLARK COUNTY

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### ***Mannahouse Church***

#### ***For Spanish-Speaking Caregivers***

Second Tuesday of the month from 6-7:30 pm  
14311 SE Mill Plain Blvd  
Vancouver, WA 98684

### ***Kaiser Cascade Parks***

First Thursday of the month  
6 to 7:30 pm  
12607 SE Mill Plain Blvd., Rm. 7A  
Vancouver, WA 98684

### ***Kaiser Salmon Creek Medical Office***

Second Wednesday of the month  
6 to 8 p.m.  
14406 NE 20th Ave.  
Vancouver, WA 98686

### ***CDM Caregiving Services at McKibbin Center***

First Tuesday of the month  
4:30 to 5:30 pm  
2300 NE Andresen  
Vancouver, WA 98661

### ***Kaiser Orchards***

Third Monday of the month  
6 to -7:30pm  
7101 NE 137th Ave, Rm. A  
Vancouver, WA 98682

*Please call 1-800-272-3900 for more information or to register.*

# EARLY STAGE SUPPORT GROUPS

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Early Stage Support Groups are designed to provide emotional, educational and social support for caregivers and people in the early stage of Alzheimer's disease or other dementias through regularly scheduled meetings. Dates are subject to change; please call to confirm meetings.

**Registration and screening are required at 800-272-3900.**

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## MULTNOMAH COUNTY

### ***Alzheimer's Association Portland Office***

Tuesdays from 1 to 3:30 p.m.  
6 week sessions  
1650 NW Naito Parkway, Ste. 190  
Portland, OR 97209

### ***Alzheimer's Association Portland Office***

Wednesdays from 10 a.m. to 12:30 p.m.  
6 week sessions  
1650 NW Naito Parkway, Ste. 190  
Portland, OR 97209

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## WASHINGTON COUNTY

### ***Tigard Senior Center***

Fridays from 1 to 2:30 p.m.  
6 week sessions  
8815 SW Omara St.  
Tigard, OR 97223

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## CLACKAMAS COUNTY

### ***Milwaukie Senior Center***

Fourth Thursday of the month from 2 to 3:30 p.m.  
5440 SE Kellogg Creek Dr.,  
Milwaukie, OR 97222

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## CLARK COUNTY

### ***Vancouver Trinity Lutheran Church***

Second Monday of the month from 1 to 3 p.m.  
309 W 39th Street  
Vancouver, WA 98660

***Please call 1-800-272-3900 for more information or to register.***