



## 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 Coos, Curry, Josephine, Jackson and Klamath counties.

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### ***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.

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### ***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 caregiver support group in Coos, Curry, Josephine, Jackson and Klamath counties.

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

# CAREGIVER SUPPORT GROUPS

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## COOS

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### ***Bay Area Hospital CHEC Building***

Third Wednesday of the month  
10:30 a.m. to 12 p.m.  
3950 Sherman Ave.  
North Bend, OR 97459

## CURRY

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### **Shore Pines Senior Living Community**

Third Tuesday of the month  
10 a.m. to 12 p.m.  
93975 Ocean Way  
Gold Beach, OR 97444

## JACKSON

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### ***Ashland Senior Center***

Third Wednesday of the month  
5:30 to 7 p.m.  
1699 Homes Ave.  
Ashland, OR 97520

### ***Home Instead***

Every Wednesday  
3 to 4:30 p.m.  
81 Freeman Court  
Central Point, OR 97502

### ***Westminster Presbyterian Church***

Third Thursday of the month  
2 to 3:30 p.m.  
2000 Oakwood Drive  
Medford, Oregon 97504

## JOSEPHINE

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### ***AllCare Health***

Last Thursday of the month  
2 to 3:30 p.m.  
1701 NE 7th St.  
Grants Pass, OR 97526

*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.**

## ***Medford Senior Center***

Mondays from 11:15 a.m. to 12:15 p.m.  
(8 week sessions)  
510 East Main St.,  
Medford, OR 97504

## ***Rogue Valley Manor***

Wednesdays from 1 to 2:30 p.m.  
(8 week sessions)  
1200 Mira Mar Ave.,  
Kalamath Room and Skyline Plaza  
Medford, OR 97504

## ***Mountain Meadows***

Every Monday from 3-4:30 p.m.  
(8 week sessions)  
857 Mountain Meadows Dr.  
Skylark Facility  
Ashland, Oregon, 97520

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