



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 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.

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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

First Immanuel Lutheran Church

For LGBTQ+ Caregivers and Allies

First Wednesday of the month
6-7:30 p.m.
1816 NW Irving Street
Office Building-Library
Portland, OR 97209

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

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 40th 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

Gresham Senior Center

Second Thursday of the month
1 to 2:30 p.m.
600 NE 8th St., Gresham, OR 97030

Kaiser Permanente-Interstate Medical Office

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

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

CLACKAMAS COUNTY

Lake Oswego Adult Community Center

Third Wednesday of the month, 1:30 to 3:30 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. C and D
Clackamas, OR 97015

WASHINGTON COUNTY

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., Daisy 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

YAMHILL COUNTY

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

LINCOLN COUNTY

St. Peter Lutheran Church in Lincoln City

2nd Tuesday of each month from 10-11:30 a.m.
1226 SW 13th Street
Lincoln City, OR 97367

TILLAMOOK COUNTY

Nehalem Bay House

Fourth Thursday of the month from 11a.m.-1 p.m.
35385 Tohl Road
Nehalem OR 97131

Tillamook Seventh Day Adventist

Fourth Wednesday of the month; 10:30 a.m.-12 p.m.
2610 First Street
Tillamook, OR 97141

HOOD RIVER COUNTY

Hood River Valley Adult Center

Board Room
Second Wednesday of the month from 2:30 to 3:30 p.m.
2010 Sterling Place
Hood River, OR 97031

UMATILLA COUNTY

Good Shepherd Medical Center

Fourth Monday of the month from 5:30-7 p.m.
600 NW 11th Street
Hermiston, OR 97838

Guardian Angel Homes

Second Monday of the month from 5:30-7 p.m.
540 NW 12th Street
Hermiston, OR 97838

CLATSOP COUNTY

Aging & Disability Resource Connection of Oregon

Second Tuesday of the month from 2-3:30 p.m.
2002 SE Chokeberry Ave
Warrenton OR 97146

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

CAREGIVER SUPPORT GROUPS

CLARK COUNTY

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 Orchards

Third Monday of the month from 1:30-3 pm
7101 NE 137th Ave, Rm. A
Vancouver, WA 98682

Kaiser Salmon Creek Medical Office

Second Wednesday of the month from 6-8 p.m.
14406 NE 20th Ave., Rm. 1A & 1B
Vancouver, WA 98686

Kaiser Cascade Parks

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

LIVING WITH DEMENTIA SUPPORT GROUP

The Alzheimer's Association is offering a Living with Dementia Support Group, which is designed to provide emotional, educational and social support both for care partners and for people who've been diagnosed with early-middle stage dementia. This group helps those diagnosed develop coping methods as well as activities, and encourages care partners to maintain their personal, physical and emotional health.

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

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.

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EARLY STAGE SUPPORT GROUPS

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.

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

WASHINGTON COUNTY

Tigard Senior Center

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

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

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

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