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.
**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

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

<table>
<thead>
<tr>
<th>Community Center</th>
<th>Schedule Details</th>
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<tbody>
<tr>
<td><strong>Lake Oswego Adult Community Center</strong></td>
<td>Third Wednesday of the month, 1:30 to 3:30 p.m. 505 G. Ave., Lake Oswego, OR 97034</td>
</tr>
<tr>
<td><strong>Pioneer Community Center</strong></td>
<td>Third Wednesday of the month, 12 to 1:30 p.m. 615 Fifth St., Oregon City, OR 97045</td>
</tr>
<tr>
<td><strong>Sandy Community Center</strong></td>
<td>Second Wednesday of the month, 1 to 3 p.m. 38348 Pioneer Blvd., Sandy, OR 97055</td>
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<tr>
<td><strong>Kaiser Permanente-Mount Scott</strong></td>
<td>Third Friday of the month, 10 to 11:30 a.m. 9800 SE Sunnyside Rd, Rm. C and D Clackamas, OR 97015</td>
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## WASHINGTON COUNTY

<table>
<thead>
<tr>
<th>Community Center</th>
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<tbody>
<tr>
<td><strong>Beaverton Community Center</strong></td>
<td>Third Thursday of the month, 2 to 3:30 p.m. 12350 SW Fifth St., Beaverton, OR 97005</td>
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<tr>
<td><strong>Elsie Stuhr</strong></td>
<td>Second Thursday of the month, 1 to 3 p.m. 5550 SW Hall Blvd., Beaverton, OR 97005</td>
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<tr>
<td><strong>Tigard Senior Center</strong></td>
<td>Fourth Tuesday of the month, 7 to 8:30 p.m. 8815 SW Omara St., Tigard, OR 97223</td>
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<tr>
<td><strong>Juanita Pohl Center</strong></td>
<td>First Tuesday of the month, 1 to 2:30 p.m. 8513 SW Tualatin Road, Tualatin, OR 97062</td>
</tr>
<tr>
<td><strong>Murray Hills Christian Church</strong></td>
<td>Second Wednesday of the month, 6 to 7:30 p.m. 15050 SW Weir St., Beaverton, OR 97007</td>
</tr>
<tr>
<td><strong>Kaiser Permanente-Westside Medical Center</strong></td>
<td>Third Tuesday of the month, 10:30 a.m. to 12 p.m. 2875 NW Stucki Ave., Daisy Room, Hillsboro, OR</td>
</tr>
<tr>
<td><strong>Hillsboro Tuality Health Education Center</strong></td>
<td>Third Tuesday of the month, 7 to 8:30 p.m. 334 SE 8th Ave, Hillsboro, OR 97123</td>
</tr>
<tr>
<td><strong>Avamere at Hillsboro</strong></td>
<td>First Tuesday of the month, 1 to 2 p.m. 2000 SE 30th Ave., Hillsboro, OR 97123</td>
</tr>
<tr>
<td><strong>Summerfield Clubhouse</strong></td>
<td>Third Tuesday of the month from 1-3 pm 10650 SW Summerfield Dr., Tigard, OR 97224</td>
</tr>
<tr>
<td><strong>Cedar Crest Alzheimer’s Special Care Center</strong></td>
<td>Second Tuesday of the month from 3-4 pm 18325 SW Pacific Hwy, Tualatin, OR 97062</td>
</tr>
</tbody>
</table>

## YAMHILL COUNTY

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<thead>
<tr>
<th>Community Center</th>
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<tbody>
<tr>
<td><strong>Friendsview Retirement Community</strong></td>
<td>Second and fourth Thursdays of the month, 2 to 3 p.m. Manor 1st Floor Recreation Room 1301 Fulton St., Newberg, OR 97132</td>
</tr>
</tbody>
</table>

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 11 a.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

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

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

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

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

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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 1:30 to 3 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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Please call 1-800-272-3900 for more information or to register.