



## 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 Polk, Benton, Marion and Linn 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 2:30 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 early-stage support groups in Polk, Benton, Marion and Linn counties.

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

alzheimer's  association®

# CAREGIVER SUPPORT GROUPS

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## MARION COUNTY

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### ***Kaiser North Lancaster Medical Office***

Third Friday of the month from 10-11:30 a.m.  
2400 Lancaster Drive NE, Conf. Room A & B  
Salem, OR 97305

### ***Southern Salem at Hidden Lakes***

Second Wednesday of the month from 4-5:30 pm  
400 Madrona Ave SE  
Salem, OR 97302

## POLK COUNTY

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### ***Dallas Trinity Lutheran Church***

Third Tuesday of the month  
10 to 11:30 a.m.  
320 SE Fir Villa Road  
Dallas, OR 97338

### ***Windsong at Eola Hills***

Fourth Friday of the month  
3:30 to 5 p.m.  
2030 Wallace Road NW  
Salem, OR 97304

## BENTON COUNTY

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### ***Conifer House***

Third Tuesday of the month  
3:30-5 p.m.  
145 NE Conifer Blvd.  
Corvallis, OR 97330

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