



## 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.

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

Dial-In Number: 866-316-2054; Conference Code: 588-974-3674

### ***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

### ***Friendly House***

#### ***For LGBTQ+ Caregivers and Allies***

First Wednesday of the month  
6-7:30 p.m.  
1737 NW 26th Ave  
Portland, OR 97210

### ***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., Parish Hall  
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 40<sup>th</sup> Ave.  
Portland, OR 97212

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

Second Thursday and fourth Wednesday of the month from 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

### ***Mirabella Portland***

First Tuesday of the month  
6 p.m-7:30  
3550 SW Bond Ave, The Parkview Room  
Portland, OR 97239

*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 & D, Clackamas, OR

### **Estacada First Baptist Church**

Second Monday of the month, 6:30 to 8 p.m.  
29101 SE Eagle Creek Rd, Estacada, OR 97023

### **Northwest Primary Care: Milwaukie Clinic**

Second Tuesday of the month from 6:30-8 p.m.  
3033 SE Monroe St, Milwaukie, OR 97222

## 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

### **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

### **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

### **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

## 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

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## LINCOLN COUNTY

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### ***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

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### ***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

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### ***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

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### ***Guardian Angel Homes***

Second Monday of the month from 5:30-7 p.m.

540 NW 12th Street

Hermiston, OR 97838

## CLATSOP COUNTY

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### ***Aging & Disability Resource Connection of Oregon***

Third Tuesday of the month from 1:30 to 3 p.m.

2002 SE Chokeberry Ave

Warrenton, OR 97146

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

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# 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 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

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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

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### ***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

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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

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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

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

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