

Caregiver Support Groups

Please Contact our Helpline at 800.272.3900 or email utahprograms@alz.org to register before attending a support group.

Bountiful | 1st and 3rd Thur **3:00 pm-4:30 pm**

In partnership with Davis County Health
Dept. South Davis Senior Activity Center
726 S. 100 E., Bountiful, UT 84010

Cedar City | Every Tues **Information and Support Session** **5:30 pm-6:30 pm**

303 N. 100 E. #2610, Cedar City, UT 84721 *In-person with a virtual option available

Clearfield | 1st Wed **3:00 pm-4:00 pm**

In partnership with Davis County Health
Dept. North Davis Senior Center
42 S. State St., Clearfield, UT 84015

Lehi | 4th Thurs

4:30 pm-5:30 pm
Covington Senior Living
301 N. 1200 E., Lehi, UT 84043

Layton | 2nd Wed **3:00 pm-4:00 pm**

Fairfield Village
1205 N. Fairfield Rd., Layton, UT 84010

Layton | 3rd Tues **7:00 pm-8:00 pm**

Fairfield Village
1205 N. Fairfield Rd., Layton, UT 84010

Midvale | 2nd & 4th Wed **1:00 pm-2:00 pm**

Midvale Senior Center
7550 S. Main St., Midvale, UT 84047

Ogden | 3rd Mon **1:00 pm-2:30 pm**

Golden Hours Senior Center
650 25th St., Ogden, UT 84401

N. Ogden | 1st Thur **2:00 pm-3:00 pm**

In partnership with George E. Wahlen
Veterans Home 1102 N. 1200 W. Ogden,
UT 84404

Sandy | 2nd Wed

Hybrid meeting: In person and virtual
Frontotemporal Dementia and Other
Dementias 10:00 am-11:30 am

Sandy Senior Center
9310 S. 1300 E., Sandy, UT 84094
Contact: Bonnie Shepherd 801.231.3442

Park City | Select Fridays

1:00 pm-2:00 pm

Park City Community Church
4501 N. Highway 224, Park City, UT 84098

Provo | Early Stage Alzheimer's Social
Groups Day and Time TBA

Tooele | 3rd Mon

2:00 pm-3:00 pm

Tooele Senior Center

Virtual Caregiver Support Groups

3rd Thur

10:00 am-11:00 am

Dementia Caregiving with Bonnie Shepherd
Contact: 801.231.3442

1st Thur

12:00 pm-1:30 pm

In partnership with the University of Utah
Health

Grupo de Apoyo en Español

Time: Primer y tercer martes a las 5:30 pm
Virtual Early Stage Alzheimer's Social Groups
Several options, days and times vary

Thursdays at 3:30 pm

Mindful Self Care for Caregivers
w/ Raven Albertson, CHES®

