




## What is an Alzheimer's Association Support Group?

A support group is a safe place to learn, offer and receive helpful tips and meet others coping with Alzheimer's disease or other dementia. Meetings typically take place monthly, and are always free, and are open to the public.

**Register:** To register for a support group: **Contact the 24/7 Helpline 800.272.3900 or Visit [www.alz.org/crf](http://www.alz.org/crf)**

You will receive connection information after you register. For information on Support Groups in Spanish, contact 414.431.8811.

Statewide Virtual Support Groups		alzheimer's  association®	
Support Group	Day	Time	
For Persons Living with Mild Cognitive Impairment (MCI)	2 <sup>nd</sup> Wednesday	10:00-11:30 am	
Family Caregivers for a Loved One with Dementia Living at a Facility	Every other Friday	10:00-11:30 am	
Family Caregivers for a Loved One with Dementia in the Early Stages	4 <sup>th</sup> Tuesday	10:00-11:30 am	
Family Caregivers for a Loved One with Frontotemporal Degeneration (FTD)	3 <sup>rd</sup> Wednesday	6:00-7:30 pm	
Grief & Bereavement Support Group	For persons who have experienced the death of their loved one affected by Alzheimer's disease or related dementia. Family members express they have grieved the loss of their loved one twice. Their initial grief often begins when the person experiencing the disease is no longer the individual that they were and the second time when death occurs. This Support Group will help provide bereaved individuals with a non-threatening atmosphere to explore feelings, emotions and needs. Call Shai Wise at 414.775.7578 for upcoming date and details		



## Regional Virtual Support Groups

(while based out of certain counties, anyone is welcome to attend support groups regardless of location)

Support Groups	City	County	Meeting Day	Meeting Time
Virtual Coffee for Caregivers	Middleton	Dane	2 <sup>nd</sup> Monday	5:30-6:30 pm
Caregiver Support Group	West Allis	Milwaukee	2 <sup>nd</sup> Monday	6:00-7:30 pm
Caregiver Support Group	Appleton	Outagamie	2 <sup>nd</sup> Tuesday	1:30-2:30 pm
Caregiver Support Group	New Richmond	St. Croix	1 <sup>st</sup> Tuesday	9:00-10:30 am
Phone In Caregiver Support Group			Last Tuesday	10:00-11:30 am

**ALZConnected** ([alzconnected.org](http://alzconnected.org)) is a free online message board for caregivers and those who have Alzheimer's or another related dementia. If you cannot locate a virtual support group available during a time that works for you, ALZConnected may be a support solution for you.

**Many support groups are currently transitioning to in-person meetings. To find out more about groups meeting in-person in your area, or to register for a virtual support group:**

Contact the 24/7 Helpline 800.272.3900 or visit [www.alz.org/crf](http://www.alz.org/crf)