support groups

for people caring for those with Alzheimer’s and other dementias

This is not a journey you must travel alone. Help is available.

Talking to others who are caring for people with Alzheimer’s or other types of dementia may help put your own experiences into perspective, and provide you with the support and encouragement necessary to live a positive and fulfilling life.

The Alzheimer’s Association offers this list as a resource to help you find safe and supportive places where you can talk with others who are dealing with similar issues and understand what you’re going through.

Support groups can help you:

● Develop coping strategies to help maximize independence and well-being.
● Make decisions about the future.
● Connect with others living with the disease.
● Live your best life for as long as possible.

Meeting dates and times may change. Please call to confirm before you attend for the first time. Also, please make us aware of any changes so we can maintain a comprehensive and accurate list. Note: Not at support groups are specific to Alzheimer’s and dementia. Not all are facilitated by trained Alzheimer's Association volunteer.

We also offer a telephone support group option. For more information on support groups or other services available, please call our 24/7 Helpline at 800.272.3900.
**Blaine County**
Havre HRDC until end November
1st & 3rd Tuesday each month - 1:30pm

Starting in December
1st & 3rd Tuesday each month - 1:30pm Grand Villa, 315 Pennsylvania Chinook MT 59523
Contact: Sherry Edwards 406.357.8130 cell or 406.357.4174 home.

**Cascade County**
Benefis Health System / Senior Services
Community Center of Eastview
2621 15th Avenue South
Great Falls, MT 59405
Two separate groups meeting either:
1st & 3rd Tuesday each month - 1:30pm
or 2nd & 4th Tuesday each month - 1:30pm
*Must call beforehand to join a group*
Contact: Becky Pugh, 406.455.5950

Highgate Senior Living
3000 11th Ave South
Great Falls, MT 59405
Last Wed of each month - 12:00pm
Contact: Leslie Bluhm, 406.454.0991

Missouri River Center
Social Services Conference Room
1130 17th Ave S.
Great Falls, MT 59405
1st & 3rd Monday of each month - 11:30am & 5:30pm
Contact: Dawn McGee, 406.771.4544

**Flathead County**
Presbyterian Church of Polson 301 4th Ave E
Polson, MT 59860
2nd Wed of each month - 1:30pm
Contact: Arlene, 406.849.6207

Immanuel Lutheran
Buffalo Hill Terrace
40 Claremont Street
Kalispell, MT 59901
3rd Monday of each month - 3:00pm Contact: 406.752.9224

**Gallatin County**
Spring Creek Inn
1641 Hunters Way
Bozeman, MT 59718
4th Thursday each month - 12:00pm Contact: Cindy Morris, 406.586.0074

Bozeman Senior Center
807 N. Tracy
Bozeman, MT 59715
2nd Wed of each month - 1:00pm Contact: Emily Propst, 406.586.2421
emily@bozemanseniorcenter.org
Lewis & Clark County

Jack Hamlin Real Estate office
1740 No. Montana Ave.
Helena, MT 59601
2nd Tuesday and 4th Thursday monthly- 7:00pm
Contact: Cindy Stevick, 406.431.0452
cindy@jackhamlin.com

Lewis & Clark Library
120 S Last Chance Gulch
Helena, MT 59601
1st and 3rd Friday each month at noon
Contact: Julie Massey, 406.444.5301
julimassey@gmail.com

Touchmark of Helena
915 Saddle Drive
Helena, MT 59601
3rd Monday each month- 7:00pm
Contact: 406.449.4900

* General caregiver support, not Alzheimer’s specific*

Missoula County

Summit Independent Living Conference Rm
700 SW Higgins
Missoula, MT 59801
2nd Wednesday each month - noon
Contact: Jackie Johnson, 406.549.3433

Missoula Senior Center
705 South Higgins
Missoula, MT 59801
4th Monday each month - 6:30pm
Contact: Jackie Johnson, 406.549.3433

Silver Bow County

Springs Living of Butte
300 Mount Highland Drive
Butte, MT 59701
3rd Tuesday each month - 7pm
Contact: Shelly Allison, 406.404.8992

Belmont Senior Center
615 East Mercury
Butte, MT 59701
Every other Tuesday - 1pm
Contact Ann or Cynthia, 406.723.7773
Yellowstone County

Canyon Creek Memory Care
1801 Majestic Lane
Billings, MT 59102
2nd and 4th Monday monthly - 11am
Contact: Marianne Moore, 406.281.8455
canyoncreekDCR@koelschsenior.com

Highgate Senior Living-Bistro
3980 Parkhill Drive
Billings, MT 59102
3rd Tuesday monthly - 5:30pm
Contact: Mikala, 406.651.4833

Billings Clinic
801 N. 29th Street
Billings, MT 59107
4th Monday monthly - noon
Contact: Ramona Bruckner, 406.657.4773
or 406.690.2468
ramona.bruckner1810@gmail.com

Caretime Support Group
1505 Ave D, 2nd floor
Billings, MT 59102
Monthly date varies - 2pm
Contact: JoDee, 406.259.5212

The Springs Living
1221 28th Street West
Billings, MT 59102
3rd Tuesday monthly - 2pm
Contact: Nadine Teal, 406.652.6989

West Park Village
2351 Solomon Ave
Billings, MT 59102
2nd floor library
1st and 3rd Wednesday monthly - 2pm
Contact: Melissa Scianna, 406.652.4886

The Willow’s
2475 N. Broadway
Red Lodge, MT 59058
1st and 3rd Wednesday monthly - 9:30am
Contact: Sandy, 406.446.1020

*Updated 02.21.17