

# NORTH BAY DEMENTIA FAMILY CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association®



## BUILD A SUPPORT SYSTEM WITH PEOPLE WHO UNDERSTAND.

Caregiver support groups, conducted by trained facilitators, are a safe place for caregivers (family and friends) of persons with dementia to:

- Develop a support system
- Exchange practical information on caregiving challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

## SUPPORT GROUPS

- Free of charge
- For family and friends of persons with dementia only.
- No solicitation allowed

## REGISTRATION: 800.272.3900

Call our 24/7 Helpline to register, find other groups meeting in Northern California and Northern Nevada or if you need additional support.

## IN-PERSON GROUPS

### Wine Country Caregiver Support Group

1st Thursday of the month, 3-4:30 p.m.  
Rianda House Senior Activity Center  
1475 Main Street, St. Helena, CA 94574

### Santa Rosa Caregiver Support Group

4th Tuesday of the month, 10-11:30 a.m.  
Alzheimer's Association  
1450 Neotomas Ave, Ste 140. Santa Rosa, CA 95405

## VIRTUAL GROUPS

### Santa Rosa Caregiver Support Group

1st and 3rd Thursday of the month, 10-11:30 a.m.

### Sausalito Caregiver Support Group

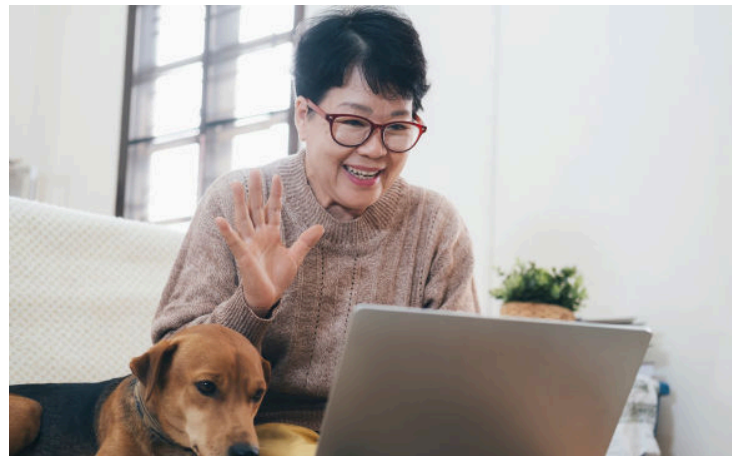
2nd Saturday of the month, 10-11:30 a.m.

### North Bay Morning Caregiver Support Group

2nd Wednesday of the month, 10 a.m.-Noon

### Wine Country Caregiver Support Group

3rd Thursday of the month, 3-4:30 p.m.



Updated 8/2024

# NORTH BAY DEMENTIA FAMILY SPECIALIZED CAREGIVER SUPPORT GROUPS

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- Develop a support system
- Exchange practical information on caregiving challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

## **SUPPORT GROUPS**

- Free of charge
- For spouses/partners or adult children of persons with dementia only
- No solicitation allowed

## **REGISTRATION: 800.272.3900**

Call our 24/7 Helpline to register, find other groups meeting in Northern California and Northern Nevada or if you need additional support.

## **VIRTUAL GROUPS**

### **SPOUSE/PARTNER GROUPS**

Groups for spouses or partners providing care to a significant other with Alzheimer's disease or a related dementia.

#### **Wives Caregiver Support Group**

1st Tuesday of the month 10 a.m.-Noon

#### **Husbands Caregiver Support Group**

2nd Wednesday of the month, 12:30-2 p.m.

#### **Wives Caregiver Support Group**

3rd Thursday of the month 10 a.m.-Noon

### **ADULT CHILDREN GROUPS**

Groups for adult children providing care to a parent with Alzheimer's disease or a related dementia. Both hands on and long-distance caregivers are welcome.

#### **Adult Children Caregiver Support Group**

1st and 3rd Tuesday of the month, 6-8 p.m.

### **ADDITIONAL GROUPS**

The Northern California and Northern Nevada Chapter of the Alzheimer's Association has a number of specialized caregiver support groups (e.g., adult children, spousal specific, frontotemporal dementia and many more) currently meeting virtually.

Visit [tinyurl.com/NCNVCGSGSpecialized](https://tinyurl.com/NCNVCGSGSpecialized) for a list of current specialized groups offered by our chapter.