

The Alzheimer's Association, National Chapters is providing a **Telephone Caregiver Support Group** for caregivers of individuals with Alzheimer's disease and related dementias. The purpose is to reach those caregivers who could benefit from a support group, yet find it difficult to travel to a meeting site. The meeting is the **first Monday of every month, from 3pm to 4:30pm central time.**

The group is designed to:

- Provide emotional, educational and social support for caregivers through regularly scheduled meetings.
- Help participants develop methods and skills to solve problems.
- Encourage caregivers to maintain their personal, physical and emotional health, as well as optimally care for the person with dementia.

Call 1.800.272.3900 for more information about joining the telephone support group.

Contact: **Kelli Moorehead**