



# Lewiston Caregiver Support Group

## Presented by the Alzheimer's Association

2nd Wednesday of the Month

1:30pm-3:00pm PST

Contact the facilitators for more information:

- Mona Jack, [m.jack@cap4action.org](mailto:m.jack@cap4action.org),  
208-791-3231
- Chana Dyer, [chana\\_dyer@yahoo.com](mailto:chana_dyer@yahoo.com)

Location:

Community Action Partnership  
124 New 6th Street  
Lewiston, Idaho 83501

### Build a support system with people who understand

---

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for care partners to:

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