



SUPPORT GROUPS FOR CAREGIVERS

SPECIALIZED SUPPORT GROUPS IN COLORADO

These support groups are held in an online and interactive format through an application in your computer, tablet, or smart phone called Zoom. A call-in option is also available for each group.

Alzheimer’s Association support groups meet on an ongoing basis and are for family or friends who have a loved one with Alzheimer’s disease or another form of dementia. The groups are facilitated by volunteers who are screened, trained, and supervised by the Alzheimer’s Association. These groups are a safe place to receive support for the difficult journey of dementia.

The following groups are offered for the variety of needs specific to particular types of dementia and caregiving scenarios. Please note, caregivers may attend any group that best meets their needs.

To register, please visit www.alz.org/crf or call the 24/7 Helpline at 1.800.272.3900.

Upon registration, the link and the phone number to join will be sent

DAY	TIME	GROUP DETAILS
1st Wednesday	7:00 p.m. —8:30 p.m.	Adult Children Caregiver Group A support group for children caring for aging parents
3rd Wednesday	7:00 p.m. —8:30 p.m.	Adult Children Caregiver Group A support group for children caring for aging parents
1st Thursday	1:00 p.m. —2:00 p.m.	Early Stage Caregiver Group: First steps in a dementia journey
2nd Tuesday	5:30 p.m. —7:00 p.m.	Frontotemporal Dementia Caregiver Group
3rd Friday	10:30 a.m.—11:30 a.m.	Frontotemporal Dementia Caregiver Group
1st & 3rd Monday	11:30 a.m. —1:00 p.m.	Grieving After Dementia
2nd Wednesday	10:00 a.m. —11:30 a.m.	Grieving Through Dementia
2nd Monday	6:00 p.m. —7:30 p.m.	Lewy Body Dementia Caregiver Group
3rd Thursday	6:00 p.m.—7:00 p.m.	Lewy Body Dementia Caregiver Group
1st Tuesday	9:30 a.m. —10:30 a.m.	Veterans Caregiver Group

NO COST TO ATTEND.

FOR MORE INFORMATION, CALL 800.272.3900 OR VISIT: ALZ.ORG/CO





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In Person and Virtual (Hybrid) Specialized Groups

With the availability of the COVID-19 vaccine, some groups have resumed meeting in person with extra precautions. Vaccinated volunteer facilitators are welcomed back in person. Participants will be required to follow local safety regulations regarding masking and social distancing.

Due to some space limitations at host sites, pre-registration is required. To register, please visit www.alz.org/crf or call the 24/7 Helpline at 1.800.272.3900.

DAY	TIME	GROUP DETAILS
3rd Tuesday	Noon — 1:30 p.m.	Men's Group— <u>HYBRID</u> (Denver)
2nd Wednesday	6:00 p.m. — 7:30 p.m.	Younger Onset Caregiver Group— <u>HYBRID</u> (Greeley)
3rd Wednesday	1:00 p.m. — 2:30 p.m.	Men's Caregiver Group— <u>IN PERSON</u> (Boulder)
3rd Thursday	10:30 a.m.—Noon	Women's Caregiver Group— <u>IN PERSON</u> (Greeley)
4th Saturday	10:00 a.m. — 11:30 a.m.	Sandwich Generation Caregiver Group A support group for those raising children and caring for an elder with dementia— <u>HYBRID</u> (Ft. Collins)

NO COST TO ATTEND.

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