

LGBTQ+ Caregiver Virtual Support Group



Build a support system with people who understand.

Alzheimer's Association® 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.



MONTHLY VIRTUAL MEETING

2nd Thursday of the month from 3:30 - 4:30 p.m.

This group is specifically designed for LGBTQ+ caregivers who are supporting someone diagnosed with any type of dementia. Email one of the Support Group facilitators to learn more: Shay MacKay at shaymackay03@gmail.com or Melissa Greene at greenemelissa1@gmail.com



Minnesota - North Dakota Chapter

alz.org/mnnd 24/7 Helpline 1.800.272.3900

Visit alz.org/mnnd to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at alzconnected.org.