



Virtual Spanish Speaking Caregiver Support Group

**1st Saturday of
Each Month
1:00 pm- 2:30pm PST**

**Call 800-272-3900
To Register**

**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