

# Dementia Caregiver Support Groups

Support groups are a safe, confidential supportive environment where you can gain emotional, educational and social support to help develop coping methods and problem-solving skills. Share techniques that work for you and get new ideas from your peers. To register call 1.800.272.3900 or visit [alz.org/CRF](http://alz.org/CRF).



## Morning Groups

### Warsaw

10-11 a.m.

First Monday of the month

### Kenmore & Lyndonville

11 a.m. - Noon

First Tuesday of the month

### Chautauqua County

(phone only)

9:30-11 a.m.

Second Tuesday of the month

### South Buffalo

10:45-11:45 a.m.

Second Saturday of the month

### Southtowns

10:30-11:30 a.m.

Last Monday of the month

## Afternoon & Evening Groups

### Wellsville

1-2:30 p.m.

First Wednesday of the month

### Grand Island

6-7 p.m.

First Wednesday of the month

### DENT - Amherst

6-7:30 p.m.

Second Tuesday of the month

### Lewiston

6:30-7:30 p.m.

Second Wednesday of the month

### DENT - Orchard Park

6-7 p.m.

Second Thursday of the month

### Belmont

1-2:30 p.m.

Third Tuesday of the month

### Elma

6-7 p.m.

Third Tuesday of the month

### North Tonawanda

1-2 p.m.

Third Wednesday of the month

### Genesee County

7-8 p.m.

Third Wednesday of the month

### Batavia

(phone only)

1-2:30 p.m.

Third Thursday of the month

### Cheektowaga/Depew

7-8:30 p.m.

Third Thursday of the month

## Specialty Groups

### Men-Only

7-8 p.m.

First Monday of the month

### Wives-Only

3:30-4:30 p.m.

Second Wednesday of the month

### Daughters-Only

6:30-7:30 p.m.

Fourth Monday of the month

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5:30-6:30 p.m.

Second Wednesday of the month

### Younger-Onset Dementia

6:30-7:30 p.m.

Second Monday of the month

### Lewy Body Dementia

6-7 p.m.

First Tuesday of the month

### Frontotemporal Dementia (FTD)

6-7 p.m.

Second Wednesday of the month

### Memory Care Facility & COVID-19

6-7 p.m.

Fourth Thursday of the month

### Book Club

New group and book every quarter. Call for details and to join the waitlist.

### Stress Reduction for Caregivers

This time-limited group will devote time to group discussion around current caregiving concerns and learning new self-care strategies such as deep breathing, mindfulness, or meditation. Call to join the waitlist.

❖ Groups offered by phone or Zoom. Need a tech tutorial? Call 716.626.0600 x313.

❖ Locations refer to formerly in-person meetings. You can participate in any group that suits your availability. There are no residency requirements!

❖ Attend as many groups as you need.

