



## Alzheimer's Caregiver Support Group

Presented by:

Alzheimer's Association

Minnesota/North Dakota

**2<sup>nd</sup> Tuesday of Each Month**

**1:00 PM - 2:30 PM**

**Neilson Place, Aviary Room**

**Contact: Kathryn Gonzalez, 218-333-8097**

Visit <http://www.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](http://alzconnected.org).]

### 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.