

## Support Groups



**Support Groups** are provided as a service to the community. All are open to seniors age 50 or better; walk-ins are welcome. No registration, membership, or fee is required to attend. For information, contact Dana Tassos at 503-635-3758.

### **New Beginnings: A Discussion Group for Those Widowed in the Past Three Years**

First Wednesday of the month, 10-11:30a

Losing a spouse is considered one of the most stressful times in our lives. Join this group of men and women who are facing many of the same challenges you are. Experience the benefits of reaching out to others who will offer you support and understanding. Dr. Chyrelle Martin, facilitator.

### **Alzheimer's Association Caregiver Support Group**

Third Wednesday of each month, 1:30-3:30p

The Caregivers Group is designed for family members and friends caring for older adults with memory problems due to Alzheimer's disease or related dementia. In this small group, you will receive understanding, information and ideas to benefit you and your loved ones. The group is co-sponsored by the Alzheimer's Association. Dana Tassos and Wendy Bond, facilitators.

### **Alzheimer's Association Caregiver Support Group**

\*Third Thursday of each month, 6:30-7:30p (\*moving to 2nd Thursday in September 2017)

The Caregivers Group is designed for family members and friends caring for older adults with memory problems due to Alzheimer's disease or related dementia. In this small group, you will receive understanding, information and ideas to benefit you and your loved ones. The group is co-sponsored by the Alzheimer's Association. Vicki Vose, facilitator.

### **Family Caregiver Discussion Group**

Fourth Wednesday of each month, 7:00-8:30p - **PAL 1500 Greentree Rd.**

Join an on-going family discussion group to learn about the challenges of caregiving. Receive support from others who also experience these challenges. Under the facilitation of long-time geriatric care manager and Lake Oswego resident, Ruth Cohen, you will get answers to questions, learn about community resources and create new skills to care for yourself and your loved one. Ruth Cohen, LCSW, facilitator.

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