TELECONFERENCE AND ZOOM SUPPORT GROUPS

We are currently hosting telephone and Zoom support groups in order to continue our goal to provide caregivers, families, and friends the emotional support and education they need to better understand and manage Alzheimer’s disease and other dementias. You can participate in these groups once, twice, or as many times as you like. They are a great way to connect with other people who are facing the challenges and issues that arise when a loved one has dementia. By participating in these groups you may learn about a helpful resource, gain a tip on how to communicate with your loved one, laugh with like-minded people, or even just sit quietly listening to other people talk and be reminded that you are not alone in your caregiving journey. REGISTER TODAY!

Please see below for the support group schedule and visit our Family Support Group website page to register: https://www.alznj.org/programs/category/teleconference-support-groups/.

Please also read the following details about ALZNJ telephone support groups:

- Registrants will receive information on how to participate via email before the scheduled group.
- The groups will be limited to 10 participants each.
- The length of each group is one hour.
- The facilitators are trained and experienced Alzheimer’s New Jersey staff and volunteers.
- All caregivers on the call will have a chance to speak, if desired.
- All information will be kept confidential.

Scheduled Teleconference and Zoom Family Support Group Meeting Schedule

- Every other Monday at 2:30 pm via telephone. This group is specifically for spouses of individuals with dementia starting May 4th. Next date is May 18th

- Every Tuesday at 7 pm via Zoom. This group is for any friend or family member who is a caregiver for an individual with dementia. The dates are April 28th, May 5th, May 12th, May 19th and May 26th

- Every Wednesday at 11 am via Zoom. This group is specifically for family members and friends who have a loved one in a residential facility. The dates are April 29th, May 6th, May 13th, May 20th, and May 27th

Additional Group Meetings – These groups are for any friend or family member who is a caregiver for an individual with dementia:

- Wednesday, May 13th, 10 am - Teleconference
- Wednesday, May 13th, 2pm – Zoom Meeting
- Thursday, May 21st, 1 pm – Teleconference
- Thursday, May 21st, 7pm – Zoom Meeting – Facilitated in Spanish Only
- Friday, May 22nd, 11 am – Teleconference
- Wednesday, May 27th, 10 am – Teleconference
- Thursday, May 28th, 7pm – Zoom Meeting – Facilitated in Spanish Only