



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 to two hours, depending on the group.
- 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.

Caregiver Support Groups

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

- Every other Tuesday at 7 pm via Zoom. The upcoming dates are June 30, July 14, and July 28.
- 2nd and 4th Wednesday of the month at 10 am via telephone. The upcoming dates are July 8, July 22.
- 3rd Thursday of the month at 1 pm via Zoom. The upcoming dates are July 16, August 20, September 17.
- 1st Wednesday of the month at 7 pm via Zoom. The upcoming dates are July 1, August 5, September 2.
- 1st Monday of the month at 10 am via Zoom. The upcoming dates are July 6, August 3, September 15 (moved to 2nd week in September due to Labor Day)
- 2nd Friday of the month at 10 am via Zoom. The upcoming dates are July 10, August 14, September 11
- 2nd Wednesday of the month at 2 pm via telephone. The upcoming dates are July 8, August 12, September 9

Special Groups

- **Spouses/partners of individuals with dementia** - Every other Monday at 2:30 pm via telephone. The upcoming dates June 29, July 13, and July 27
- **Caregivers of individuals with dementia living in a residential facility** - Every Wednesday at 11 am via Zoom. The upcoming dates are July 1, July 8, July 15, July 22, and July 29.
- **Caregivers of individuals with early onset dementia (*diagnosed age 65 or younger*)** – *First Saturday of the month at 9:30 am via Zoom. The upcoming dates are *July 11 (In July, the group meets the 2nd Saturday of the month), August 1, September 5.
- **Spanish-speaking caregivers of individuals with dementia** – The 3rd Thursday of the month at 7 pm via Zoom and/or telephone. The upcoming dates are July 16, August 20, and September 17.
- **Spanish-speaking caregivers of individuals with dementia** – The 4th Thursday of the month at 10 am via Zoom and/or telephone. The upcoming dates are July 30, August 27, and September 24.