



## TELECONFERENCE AND ZOOM SUPPORT GROUPS

We are currently hosting telephone and Zoom support groups to continue our goal of providing caregivers, families, and friends the emotional support and education they need to better understand and manage Alzheimer's disease and other dementias. These groups 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 a group, 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.

### To join a support group:

- Visit the Family Support Group page on our website at
  - <https://www.alznj.org/services/family-support-groups/>
- Please complete and submit the [Support Group Inquiry](#) form on that page or call our *Helpline* at 888-280-6055.
- An ALZNJ staff member will contact you to discuss your situation and help you determine which group is right for you.
- In the interim, please do not hesitate to contact our Helpline with any questions at 888-280-6055.

### Details about ALZNJ Support Groups

- The length of each group is one to two hours, depending on the group.
- Facilitators are trained and experienced Alzheimer's New Jersey staff and volunteers.
- All caregivers on the call or Zoom meeting will have a chance to speak, if desired.
- All information will be kept confidential.
- Caregivers will receive information in advance about how to participate.

### Support Group Schedule

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

- 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month at 10 am
- 2<sup>nd</sup> Monday of the month at 10 am
- 2<sup>nd</sup> Friday of the month at 10 am
- Every Wednesday at 10 am
- 3<sup>rd</sup> Thursday of the month at 1 pm
- 1<sup>st</sup> Tuesday of the month at 2 pm
- 3<sup>rd</sup> Monday of the month at 3 pm
- 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month at 5:30 pm
- 3<sup>rd</sup> Wednesday of the month at 6 pm
- 1<sup>st</sup> Wednesday of the month at 7 pm
- Every other Tuesday at 7 pm

### **Special Caregiver Groups**

- **Spouses/partners of individuals with dementia** – Every other Monday via telephone at 2:30 pm
- **Caregivers of individuals with dementia living in a residential facility** – Every other Wednesday at 11 am
- **Caregivers of individuals with early onset dementia (*diagnosed age 65 or younger*)** – First Saturday of the month at 9:30 am via Zoom.
- **Spanish-speaking caregivers of individuals with dementia** – The 3<sup>rd</sup> Thursday of the month at 7 pm
- **Spanish-speaking caregivers of individuals with dementia** – The 4<sup>th</sup> Thursday of the month at 10 am

To join one of these groups, please complete the [Support Group Inquiry Form](#) or call our Helpline at 888-280-6055.

If you'd like to read more about our virtual support groups, please see our [Frequently Asked Questions](#).

**Thank You for Your Interest!**