

Family Caregiver Support Group

Caring for someone with Down Syndrome who exhibits symptoms of memory loss?

The Alzheimer's Association invites you to participate in a new support group offering.

- Exchange practical information on caregiving problems and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs and hopes
- Develop and maintain self-care skills
- Learn about resources available in the community
- Discuss your questions and concerns

3rd Wednesday of Each Month

11:30 pm - 1:00 pm



**Alzheimer's Association
Washington State Chapter**
19031 33rd Ave W, Suite 301
Lynnwood, WA 98036

Contact group facilitator:
Hannah Wishnek
206-529-3888

All of our support groups are facilitated by Chapter trained individuals.

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Alzheimer's Association Washington State Chapter
Serving Washington & Northern Idaho
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