

Caregiver Support Groups

Are you a Caregiver for someone with Alzheimer's Disease or another form of Dementia? Do you feel overwhelmed, all alone in a sinking boat, with multiple concerns and questions? If so, then come visit one or more of our Virtual/Phone Caregiver Support Groups. Prior registration is required so please call the Alzheimer's Association at 1-800-272-3900. Once registered, you will receive an email with the Zoom link and a phone number to call if you do not have access to Zoom.

- **Virtual / Phone Caregiver Support Group** – meets virtually the first Tuesday of the month at 2 pm. Our next meeting will be on April 5th at 2 pm.
- **Virtual/Phone Men's Caregiver Support Group** – a new specialty group, designed for male caregivers, which meets virtually the 4th Thursday of each month at 6 pm. Our next meeting is coming up on Thursday, March 24th at 6 pm.
- **Hope Presbyterian Church (2211 Wabash Ave, Springfield, IL) Caregiver Support Group:** meets the second Thursday of the month at 6 pm.
 - ❖ **Virtual/Phone in for March 10th (this Thursday) Meeting** at 6 pm. We will be meeting one more time virtually for March. For this month only, please contact Mel to register.
 - ❖ **In Person Starting Back up as of our April 14th Meeting.** (No Virtual). Prior to the Pandemic, this in-person group was a very active group, but did not transition well to Virtual/Phone in. Also, several of our members' loved ones have passed away, so the need of some has obviously changed. I am hopeful that we will have some returnees and be able to recruit new members to our group.

Please contact Mel Kuntemeier (phone: 1-217-725-8413; email: baldi55@comcast.net) if you have any questions and/or would like any additional information. Thanks!