



## Virtual support group for caregivers of people with IDD/Down syndrome and Alzheimer's

Two groups are offered:

- 2nd Monday of the month  
7-8 p.m. EST
- 4th Tuesday of the month  
6-7 p.m. EST

To register please call our  
24/7 Helpline at 800.272.3900.  
Upon registration, you will receive an  
email with the link to join, as well as  
the phone number.

### Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.