

# Family Caregiver Support Group



The Alzheimer's Association offers support groups for family caregivers of a loved one with Alzheimer's or a related dementia. All meetings are free of charge.

## In-Person Community Support Group - Begins September 2023

**When:** 4th Wednesday of each month  
9:30 am - 11:00 am PST

**Where:** ONEgeneration

J.O.Y. Community Room  
17400 Victory Blvd.  
Van Nuys, CA 91406

**Before attending this meeting, please register** by contacting Anastasia Plyugina at [aplyugina@onegeneration.org](mailto:aplyugina@onegeneration.org) or 818-708-6635. Please note this is not a drop-in group.

## Online Community

The Alzheimer's Association Helpline offers an online community where caregivers can get support and information **24 hours a day, seven days a week** at: [www.alzconnected.org](http://www.alzconnected.org)

## 24/7 Helpline

The Alzheimer's Association Helpline is available **24 hours a day, seven days a week**, in more than 200 languages. Call **800.272.3900**.

### Build a support system with people who understand

- Connect with others
- Exchange practical information on caregiving challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

Support group offered by

alzheimer's   
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