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.

Support group for U of M staff and students who are dementia caregivers

Fourth Tuesday of the month
4 p.m. - 5 p.m.

Contact Michelle for more info
734-212-5430
mnphalen@alz.org

Visit alz.org/gmc to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org.