



No one should face Alzheimer's alone.

Register for one of our free community webinars for information and resources about Alzheimer's and other dementias from the safety of your own home.

Visit <https://www.facebook.com/alzcaptx>

You may join a support group by phone

Virtual Morning Café, Every Tuesday @ 10:30 am, *starting on March 31st.*

Virtual Afternoon Break, Every Thursday @ 6:00 pm, *starting on April 2nd.*

<https://www.communityresourcefinder.org/>

PLEASE CONTACT THE HELPLINE FOR INSTRUCTIONS TO CONNECT

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system, exchange practical information on caregiving challenges
- Talk through issues and ways of coping, share feelings, needs & concerns
- Share feelings, needs & concerns

For more information you may also reach us at capitaloftexas@alz.org

Please call our 24/7 helpline to register:
800.272.3900

Looking for a support group or other assistance?
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