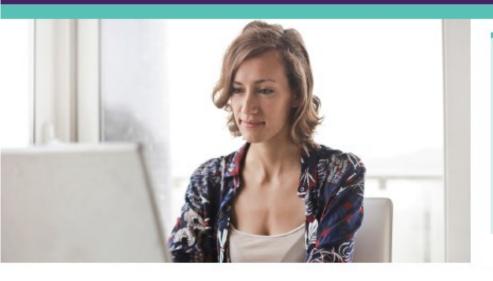
alzheimer's R ALZHEIMER'S ASSOCIATION association COMMUNITY WEBINARS



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? Please call our 24/7 Helpline at 800.272.3900.