



You are not alone.

MEMORY LOSS SUPPORT GROUPS (FOR THOSE CARING FOR AND/OR EXPERIENCING MEMORY LOSS)

Caregiver Support Group (Caregiver Only)

BELLINGHAM

Second Thursday of each month

1:30pm to 3:00pm – Grace Church
1815 Cornwall Avenue, Bellingham, WA

BELLINGHAM

Second Wednesday of each month
(Adult children caring for a parent)

6:00pm to 7:30pm – St. Joseph Adult Day Health
809 E. Chestnut Drive, Bellingham, WA
Contact: Julie Johnson (360) 676-6749

BLAINE

First Tuesday of the month

1:30pm to 3:00pm – Blaine Senior Center
763 G Street, Blaine, WA

FERNDALE

First Thursday of the month

10:00am to 12:00pm – Louisa Place
2240 Main Street, Ferndale, WA

LYNDEN

First Tuesday of the month

10:00am to 12:00pm – Lynden Manor
905 Aaron Drive, Lynden, WA

Care Partner Support Group

(Two components - Caregiver and person experiencing early memory loss)

BELLINGHAM

First and Third Thursday of the month

1:00pm to 3:00pm – First Congregational Church
2401 Cornwall Avenue, Bellingham, WA

LYNDEN

Every Monday

11:00am to 1:00pm – Lynden Manor
905 Aaron Drive, Lynden, WA

FERNDALE

TBD

1:00pm to 3:00pm – Ferndale Senior Center
1998 Cherry Street, Ferndale, WA

Staying Connected

(For those persons experiencing early memory loss)

Class size is limited. Cost: \$15.00 per group

BELLINGHAM

Every Tuesday (starting 04/07/15)

11:00am to 2:00pm – ASW Office
1308 Meador Avenue, Suite C1, Bellingham, WA

BELLINGHAM

Every Wednesday

11:00am to 2:00pm – ASW Office
1308 Meador Avenue, Suite C1, Bellingham, WA



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CAREGIVER SUPPORT GROUP (CAREGIVERS ONLY)

This support group will provide you as the caregiver or loved one, the opportunity to talk to other individuals who are facing some of the same problems that they are. It is helpful to talk to sympathetic people about the frustrations you are experiencing. Alzheimer's disease and memory loss problems create many specific problems for families in their daily lives. Simply getting to know other people with similar concerns is a comfort to many.

A support group is a safe place to bring up issues that might be hard to talk about at home. The caregiver can raise their specific concerns in a support group, where objectivity of others can help the caregiver think through the situation.

This support group will also be an excellent place to learn about memory loss, dementia and the Alzheimer Disease, legal issues, community resources available to you and your family and better help you plan for the future. The members of the group welcome all caregivers and willingly share their ideas and experiences.

BELLINGHAM

Second Thursday of each month

1:30pm to 3:00pm – Grace Church
1815 Cornwall Avenue, Bellingham, WA
Contact: Leslie Jackson (360) 671-3316

BELLINGHAM

Health

Second Wednesday of each month
(Adult children caring for a parent)

6:00pm to 7:30pm – St. Joseph Adult Day
809 E. Chestnut Drive, Bellingham, WA
Contact: Julie Johnson (360) 676-6749

BLAINE

First Tuesday of each month

1:30pm to 3:00pm – Blaine Senior Center
763 G Street, Blaine, WA
Contact: Leslie Jackson (360) 671-3316

LYNDEN

First Tuesday of each month

10:00am to 12:00pm – Lynden Manor
905 Aaron Drive, Lynden, WA
Contact: Leslie Jackson (360) 671-3316



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CARE PARTNER SUPPORT GROUP (CAREGIVER AND PERSON WITH EARLY STAGE MEMORY LOSS)

This is a two component support group, one part is for the caregiver and the other is for the person experiencing early stage memory loss:

MEMORY SUPPORT GROUP

Education is empowerment! This therapeutic peer support group is professionally facilitated and may include discussions about the impact of the diagnosis on you and your family, coping with changing abilities, improving communication skills, finding meaningful activity, and planning for the future. You will have access to information regarding treatment and available community resources. Participants must have a diagnosis of Alzheimer's disease or another dementia related illness, and must be able to participate and feel comfortable in a group setting. Please call in advance to discuss in-private your appropriate placement into this group.

GROUP SESSIONS WILL PROVIDE...

- Information and Education
- Coping Strategies
- Discussion and Problem Solving
- Emotional Support

CAREGIVER SUPPORT GROUP

At the same time and location, ASW is also offering an additional support group in Bellingham for the caregiver of those who are affected by Alzheimer's and other dementia-related diseases.

For more information please contact the Alzheimer Society of Washington.



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STAYING CONNECTED

(FOR THOSE EXPERIENCING EARLY STAGE MEMORY LOSS)

This is a weekly program for people with early memory loss concerns. The program offers a safe and comfortable environment for participants to receive cognitive, physical, and social interaction with others.

The Staying Connected “classes” provide physical activities, educational programs and intellectual stimulation. Our weekly three-hour groups consist of an exercise program to promote strength and a sense of well-being, a brown bag lunch that fosters a social setting to build peer relationships, and a social group session that focuses on discussions tailored to specific interests and supportive interaction. Strong bonds form among those who attend.

Not only will the individual experiencing early memory loss benefit in many ways from this support group, but it is also great for the caregiver since the class provides a safe and educational environment for their loved ones to attend each week.

Please join us for discussions, exercise, fun, new friends, speakers, music and so much more!

BELLINGHAM

Every Tuesday (starting 04/07/15) 11:00am to 2:00pm – ASW Office
1308 Meador Avenue, Suite C1, Bellingham, WA
Contact: Beverly Brownrigg (360) 671-3316

Every Wednesday 11:00am to 2:00pm – ASW Office
1308 Meador Avenue, Suite C1, Bellingham, WA
Contact: Leslie Jackson (360) 671-3316

Please note that these groups are closed, meaning there is an application and interview process to make sure the group can benefit the person and in turn the group as a whole. Please contact the office for more information.