



Virtual Caregiver Support Group

Presented by:

Alzheimer's Association

Iowa

Second Monday of the month
4:00 p.m. - 5:00 p.m.

<https://tinyurl.com/IAVCSG25>

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

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.