



**No one should face Alzheimer's alone.**

Register for one of our online support groups for connections, information and resources about Alzheimer's and other dementias from the safety of your own home.

View all listings at **[alz.org/events](https://alz.org/events)**

**The Long Goodbye** (Grief Healing for end-stage thru end-of-life)

1st Wednesdays | 10:00am

**Peer2Peer Lunch Bunch** (Persons living w/early stage dementia)

1st Mondays | 11:30am

**Remote Connections Café** (Social/Activity group)

2nd Thursdays | 2:00pm

**Peer2Peer Time to Talk** (Persons living w/early stage dementia)

2nd Tuesdays | 4:00pm

**Remote Connections** (Social/Activity group)

3rd Tuesdays | 3:00pm

**Sandwich Generation Happy Hour** (Non-Spouse/Partner Caregiver)

3rd Tuesdays | 3:00pm

**Cohesive Connections** (Persons living w/early stage dementia)

4th Wednesdays | 10:30am

Please RSVP to Jamie Guay at [jguay@alz.org](mailto:jguay@alz.org)  
or visit [alz.org/events](https://alz.org/events) or  
Call our 24/7 Helpline to register:

**800.272.3900**