

# Family Caregiver Support Group

Caring for someone with Down Syndrome who exhibits symptoms of memory loss?

**The Alzheimer's Association invites you to participate in a new support group offering.**

- Exchange practical information on caregiving problems and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs and hopes
- Develop and maintain self-care skills
- Learn about resources available in the community
- Discuss your questions and concerns

**3rd Wednesday of Each Month**  
11:30 am - 1:00 pm



**Alzheimer's Association  
Washington State Chapter**  
19031 33rd Ave W, Suite 301  
Lynnwood, WA 98036

**Remote Participation Available**

**Contact group facilitator:**  
Hannah Wishnek, 206-529-3888

*All of our support groups are facilitated by Chapter trained individuals.*

**alzheimer's association®**

Alzheimer's Association Washington State Chapter  
Serving Washington & Northern Idaho  
19031 33rd Ave. W, Suite 301, Lynnwood, WA 98036 | 800.848.7097 | [www.alzwa.org](http://www.alzwa.org)