

ALZHEIMER'S ASSOCIATION®

Support Groups - Updated 12/30/2022

PLEASE NOTE: You must contact the group's facilitator ahead of time to get instructions for accessing the support group.

City	Support Group Type	Day	Meeting Time	Facilitator	Phone	Meeting Type
Bellevue	Caregivers	3rd Monday	3:00 to 4:30pm	Regina Bennett	425-643-4943	In-Person
Bellevue	Caregivers	2nd Wednesday	1:30 to 3:00pm	Ruth Hansing	206.232.2537	In-Person
Bellevue	Caregivers Younger-Onset	4th Monday	7:00 to 9:00pm	Bill Lukov	360-588-4929	In-Person
Bellevue-Virtual	Caregivers	3rd Tuesday	3:00 to 4:30pm	Regina Bennett	425-643-4944	Zoom
Bereavement - Virtual	Bereavement	2nd Tuesday	6:00 to 7:30pm	Lou Ann Carter	360-722-1471	Zoom
Issaquah	Caregivers	3rd Saturday	10:30am to 12:00pm	Helen Boyer	425-301-0709	Zoom
Issaquah Front Street	Caregivers	2nd Monday	2:30-3:30pm	Jeanmarie Hirao	425-389-0191	In-Person
Kent	Caregivers	1st Wednesday	6:30-8:00pm	Val Brustad	253-854-7658	Zoom
Kirkland	Caregivers	3rd Tuesday	1:00 to 2:30pm	Rosemary Reid	425-820-0134	In-Person
Kirkland	Adult Children Caring for a Parent	2nd Tuesday	7:00 to 8:00pm	Mariana Fisher	425-492-5188	Zoom
Redmond	Caregivers	1st Tuesday	1 to 2:30pm	John Waltner	425-556-8140	In-Person
Renton	Caregivers	4th Tuesday	5:00 to 7:00pm	Nancy Streiffert	253-796-2203	Zoom
Seattle	Adult Children of Parents with Younger-Onset	2nd Monday	7:00 to 9:00pm	Wendy Nathan	206-422-5004	In-Person
Seattle	Lewy Body Dementia Caregivers	4th Wednesday	6:30 to 8:30pm	Rena Ferretti	206-473-2565	Phone

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Seattle	Adult Children Caring for a Parent	3rd Wednesday	7:00 to 8:30pm	Sydney Zenzen	320-429-5492	Zoom
Seattle	Caregivers Younger-Onset	1st Monday	7:00 to 9:00pm	Linda Whiteside	206-380-4776	Zoom
Seattle	FTD Caregivers	3rd Saturday	10:30am to 12:00pm	Karin Miller	206-384-0096	Zoom
Seattle	Long Distance Caregivers	2nd Saturday	10:30am to 12:00pm	Martha Dale	206-200-0180	Zoom
Seattle - Ballard	Caregivers	3rd Saturday	10:30 to 12:00pm	Linda Whiteside	206-380-4776	Zoom
Seattle - Columbia City	Caregivers	3rd Tuesday	2:00 to 3:30pm	Ana Bucy	206.963.0496	Zoom
Seattle - Green Lake	Caregivers	2nd Wednesday	1:00 to 2:30pm	Linda Whiteside	206-380-4776	Zoom
Seattle - Men's Coffee Group	Male Caregivers	3rd Thursday	10:30am to 12:00pm	Don Desonier	206-779-1634	Zoom
Seattle - Northeast	Caregivers	2nd Tuesday	1:00 to 2:30pm	Najib Abbas Kira Pinard-Welyczko	206.595.1878 206-455-4150	Zoom
Seattle - West Seattle	Caregivers	4th Monday	1:30 to 3:00pm	Martha Smith	206-937-3701	Zoom
Seattle - West Seattle	Caregivers	2nd Monday	1:30 to 3:00pm	Martha Smith	206-937-3701	Zoom
Seattle/GenPride - LGBTQIA+	Caregivers	3rd Tuesday	6:30 to 8:00pm	Lionel Wang or Tiffany Suscheck	206-854-4700 or 614-719-9692	Zoom
Vashon Island	Caregivers	3rd Wednesday	1:00 to 2:30 pm	Regina Lyons	206.355.3123	In-Person