



## Elgin Virtual Caregiver Support Group

**Presented by:**

**Alzheimer's Association**

**Illinois**

**Fourth Wednesday of the month**

10:30 a.m. - 11:30 a.m.

Group Meets virtually via Zoom or Phone

Join us for confidential support and conversation discussing Alzheimer's disease.

Registration is required!

To Register, Please call our 24 hour helpline at 800.272.3900

Visit [www.alz.org/illinois](http://www.alz.org/illinois) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at [alzconnected.org](http://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.