



# Dementia Caregiver Support Groups

**Presented by: Alzheimer's Association**

**The Fourth Tuesday of the month**

**1:00 p.m. - 2:00 p.m.**

Naperville Public Library

95th Street Library 3015 Cedar Glade Drive

Naperville, IL 60564

**Run by Lisa Kirchner**

**The Third Thursday of the month**

**3:00 p.m. - 4:00 p.m.**

Alfred Rubin Community Center, Room 201

305 W. Jackson Ave

Naperville, IL 60540

**Run by Amy Friedman and Arlene Orr**

To register for EITHER support group email:

[DementiaFriendlyNaperville+info@gmail.com](mailto:DementiaFriendlyNaperville+info@gmail.com)

## 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.

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).