

# **Support Groups**

## **1. Virtual Family Caregiver Support Group**

**Area Agency on Aging of Western Michigan**

616-222-7032

registration@aaawm.org

Are you a family caregiver? Do you sometimes feel overwhelmed? Don't walk the caregiver path alone...

Led by Julie Alicki, LMSW, CADP

## **2. Dementia Support Group**

**Sheldon Meadows Living Center**

616-662-8191

Caring for a loved one with dementia or Alzheimer's disease is an agonizing journey. Watching memories disappear and skills diminish can result in confusion, anger, and sadness. Don't let these feelings go unchecked; come to where you can:

- Exchange information on caregiving challenges
- Discuss ways of coping
- Share feelings, needs and fears
- Support group is held the 3rd Wednesday of every month at 7:00pm

4482 Port Sheldon, Hudsonville, MI 49426

### **3. Telephone Caregiver Support Group**

#### **Alzheimer's Foundation of America**

866-232-8484

<https://alzfdn.org/caregiving-resources/2860-2/>

[info@alzfdn.org](mailto:info@alzfdn.org)

Connecting with others is a vital part of the caregiving equation. However, with today's busy schedules, caregivers may not be able to find time to, or be comfortable with, attending an in-person group. AFA offers free weekly, telephone based support groups, facilitated by AFA's licensed social workers, designed to give caregivers a place to connect and share with one another.

Current support groups meet on Mondays from 7-8 pm (ET) and on Thursdays from 7-8 pm (ET).

To register for a caregiver support group, please contact AFA's National Toll-Free Helpline at 866-232-8484 and speak with one of our licensed social workers.

### **4. Caregiver/Alzheimer's Support Group**

#### **Barry County Commission on Aging**

269-948-4856

Support group meets the third Thursday at 3:30pm

Hastings COA Friendship Center

320 Woodlawn Avenue Hastings, MI 49508

## 5. Caregiver Support Group

### **The Little Red House Adult Day Care Services**

(616) 402-8042

<http://www.thelittleredhouse.org/caregivers/>

Each Thursday morning from 10:00am – 11:00am in a comfortable room at The Little Red House, Jim Powers, ACSW, offers a listening ear and seasoned advice to anyone who is caring for a friend or loved one with physical, cognitive, or psychosocial limitations. Jim helps find ways to alleviate the stress of caregiving and educates caregivers concerning local resources and how to access them.

## 6. Grupo de Apoyo para Cuidadores

### **Alzheimer's Association West Michigan**

616-475-8446 Extensión 105

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

Construya un sistema de apoyo alrededor de personas que entiendan las vicisitudes del cuidado de una persona que padece de la enfermedad de Alzheimer. Los grupos de apoyo para cuidadores de la Alzheimer's Association®, dirigidos por facilitadores capacitados, son un lugar seguro para los cuidadores, familiares y amigos de personas con demencia para:

- Desarrollar un sistema de apoyo.
- Intercambiar información práctica sobre los desafíos y posibles soluciones en cuidado de pacientes
- Hablar sobre problemas y maneras como enfrentarlos
- Compartir sentimientos, necesidades e inquietudes
- Conocer los recursos disponibles en la comunidad

## **7. Spanish Speaking Caregiver Support Group at Exalta Health**

### **Alzheimer's Association West Michigan**

616-475-8446 Extension 105

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

Build a support system with people who understand. Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources

## **8. Caregiver Support Group at Waterford Place**

### **Waterford Place**

616-667-6000

The Waterford Place Memory Care dementia support group is a professionally led group for caregivers, individuals and families living with dementia. A safe place to share experiences and exchange practical information on coping with the disease and caring for a loved one.

## **9. Caregiver Support Group: Converse with a Nurse at SarahCare**

### **SarahCare**

616-530-6700

Converse with the Nurse meets on the second Wednesday of each month at the Knapp's Corner SarahCare.

## **10. Families & Friends of Aging Adults-Dementia Support Group**

Pine Rest Christian Mental Health Services

616-240-1154

<https://www.pinterest.org/events/categories/event-type/classes-and-support-groups/?pno=2>

[dtongue@att.net](mailto:dtongue@att.net)

What to expect:

- Information – Past topics have included financial planning, coping with hearing loss, Alzheimer's, depression, managing stress and guilt, and much more.
- Ideas – Fresh thoughts about how to manage, where to call, how to get help, how to solve problems.
- Encouragement – Other caregivers understand your situation better than anyone else.
- Support – A positive atmosphere can help you overcome the challenging tasks involved in caring for loved ones.
- Confidentiality – Your personal and family concerns are not shared outside the group.

## **11. Caregiver Support Group at Pilgrim Rest Baptist Church**

### **Alzheimer's Association West Michigan**

616-581-9835

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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## **12. Neurocognitive Caregiver Support Group**

### **Mercy Health**

616-685-4444

<https://www.mercyhealth.com/medical-services/neurosciences/patient-support-calendar>

[neuropatientsupport@mercyhealth.com](mailto:neuropatientsupport@mercyhealth.com)

A monthly support group to share caregiving strategies and resources for those who care for others with challenging neurocognitive behaviors, such as Alzheimer's, Frontotemporal-Pick's, Vascular, Lewy Body, advanced Parkinson's disease, multiple sclerosis or epilepsy.

### **13. Caregiver Support Group in Muskegon**

#### **Alzheimer's Association West Michigan**

231-672-8777

<https://www.mercyhealth.com/medical-services/neurosciences/programs-and-clinics/memory-disorders/dementia-caregivers-support-groups>

A monthly support group to share caregiving strategies and resources for those who care for others with dementia, such as Alzheimer's, Frontotemporal-Pick's, Vascular, Lewy Body and Parkinson's disease.

### **14. Caregiver Support Group in Holland**

#### **Evergreen**

616-355-5153

<http://www.evergreencommons.org/caregiver-services/>

[turkstraa@evergreencommons.org](mailto:turkstraa@evergreencommons.org)

Evergreen Day Center holds this support group primarily for caregivers who care for someone with dementia. This group meets on the fourth Tuesday of each month.

## **15. Caregiver Support Groups at Evergreen Day Center**

### **Evergreen**

616-355-5153

<http://www.evergreencommons.org/caregiver-services/>

[turkstraa@evergreencommons.org](mailto:turkstraa@evergreencommons.org)

The Day Center holds three Caregiver Support Group meetings every month.

## **16. Male Caregiver Solutions Discussion Group**

Alzheimer's Association West Michigan

616-822-1174

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Share feelings, needs and concerns.
- Learn about community resources.



## **17. Caregiver Support Group in Grand Haven**

### **Alzheimer's Association West Michigan**

248-310-2312

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Learn about community resources

## **18. Caregiver Support Group in Reed City Alzheimer's**

### **Association West Michigan**

231-832-7116

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Share feelings, needs and concerns.
- Learn about community resources

## **19. Caregiver Support Group in Big Rapids**

### **Alzheimer's Association West Michigan**

231-796-3185

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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## **20. Caregiver Support Group at Algoma Township Office**

### **Alzheimer's Association West Michigan**

616-745-3101

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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## **21. Caregiver Support Group at St. Luke A.M.E. Zion Church**

### **Alzheimer's Association West Michigan**

616-452-7227

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

## **22. Caregiver Support Group at Cascade Library**

### **Alzheimer's Association West Michigan**

678-575-4398

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Share feelings, needs and concerns.
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### **23. Caregiver Support Group at Brookside Christian Reformed Church**

#### **Alzheimer's Association West Michigan**

616-235-5022

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Talk through issues and ways of coping.
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### **24. Caregiver Support Group at St. Paul's United Methodist Church**

#### **Alzheimer's Association West Michigan**

616-301-2000

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Develop a support system.

- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

## **25. Caregiver Support Group at Church of the Servant**

### **Alzheimer's Association West Michigan**

616-913-8078

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

## **26. Caregiver Support Group at Mercy Health**

### **Alzheimer's Association West Michigan**

616-685-4444

<https://www.mercyhealth.com/medical-services/neurosciences/programs-and-clinics/memory-disorders/dementia-caregivers-support-groups>

A monthly support group to share caregiving strategies and resources for those who care for others with dementia, such as Alzheimer's, Frontotemporal-Pick's, Vascular, Lewy Body, and Parkinson's disease. Sponsored by Mercy Health and the Greater Michigan Chapter of the Alzheimer's Association.

## **27. Aging with Down Syndrome Support Group**

### **Alzheimer's Association West Michigan**

616-956-3488

<https://www.dsawm.org/calendar/>

Build a support system with people who understand. Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

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- Talk through issues and ways of coping.
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- Learn about community resources.

## **28. Caregiver Support Group at Area Agency on Aging**

### **Alzheimer's Association West Michigan**

616-826-8970

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

## **29. Younger Onset Caregiver Support Group**

### **Alzheimer's Association West Michigan**

616-822-5481

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Develop a support system.



- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

### **30. Caregiver Support Group at SarahCare**

#### **Alzheimer's Association West Michigan**

616-949-4709

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

### **31. Support Group for Adult Children of a Person Living with Dementia**

Alzheimer's Association West Michigan

616-325-7619

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

### **32. Caregiver Support Group at Mercy Health Southwest**

**Alzheimer's Association West Michigan**

616-530-6700

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

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- Develop a support system.

- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

### **33. Caregiver Support Group at Ionia Commission on Aging**

Alzheimer's Association West Michigan

616-527-5365 Extension. 468

<http://www.bit.ly/WestMISupportGroups>

[helplinegmc@alz.org](mailto:helplinegmc@alz.org)

Alzheimer's Association caregiver support groups are conducted by trained facilitators and provide a safe place for caregivers, family, and friends of persons of dementia to:

- Develop a support system
- Exchange practical information on caregiver challenges and solutions
- Talk through issues and ways of coping
- Share feelings, needs, and concerns
- Learn about community resources

### **34. Memory Cafe**

#### **Alzheimer's Association West Michigan**

616-459-7467

[https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

[salambaria@alz.org](mailto:salambaria@alz.org)

Gather informally with people with memory loss and their friends and family members for conversation and company.

### **35. Early-Stage Social Engagement Club**

#### Alzheimer's Association West Michigan

616-459-7467

[https://www.alz.org/gmc/helping\\_you/support\\_groups](https://www.alz.org/gmc/helping_you/support_groups)

[salambaria@alz.org](mailto:salambaria@alz.org)

Due to Covid-19, all in-person support groups are on hold. To view virtual or dial-in caregiver support groups available, click here <https://www.alz.org/gmc/helpin>

Join us out in the community for conversation and activity for those living in the early stages of dementia and their care partners. Pre-registration and pre-assessment is required.