



## U of M Virtual Caregiver Support Group

**Presented by:**

**Alzheimer's Association**

**Michigan**

Fourth Tuesday of the month  
4 p.m. - 5 p.m.

Support group for U of M staff and  
students who are dementia caregivers

Contact Michelle for more info  
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Visit [alz.org/gmc](http://alz.org/gmc) 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.