



NEW YORK CITY CHAPTER

## WINTER 2025 SUPPORT GROUPS

We offer peer-or professionally led groups for caregivers, individuals living with Alzheimer's and others dealing with the disease. All support groups are led by trained facilitators. We also offer specialized groups for adult children, partners/spouses, individuals with younger-onset and early-stage Alzheimer's, young adults and others with specific needs. Pre-screening is required for all support groups.

## CAREGIVER SUPPORT GROUPS

For a full list of our Support Groups and to learn more, visit <https://bit.ly/SPRTGRP>.  
Pre-registration is required for these programs by calling 800.272.3900

### VIRTUAL

**ACT Caregiver Support Group**  
Every Thursday of the Month  
7 - 8 p.m.

**Adult Child Support Group**  
2nd Tuesday of the Month  
6 - 7 p.m.

**ALZ Men's Caregiver Support Group**  
Third Thursday of the Month  
6 - 7 p.m.

**Bronx Caregivers Connect**  
1st Friday of the Month  
11 a.m. - 12 p.m.

**Caregiver Expressions Writing Group**  
2nd and 4th Friday of the Month  
12 - 1 p.m.

**Caregivers Link**  
4th Thursday of the Month  
6 - 7 p.m.

**Caring and Sharing**  
2nd Thursday of the Month  
2 - 3 p.m.

**Caring Apart**  
*For caregivers whose loved one is in a facility.*  
1st Thursday of the Month  
6 - 7 p.m.

**Heart-to-Heart Caregiver Support Group**  
Last Wednesday of the Month  
5 - 6 p.m.

**LGBTQ+ Caregivers**  
2nd Thursday of the month  
4:30 - 5:30 p.m.  
*\*offered by MN/ND Chapter*

**Manhattan Adult Child Caregiver Support Group**  
3rd Tuesday of the Month  
6 - 7 p.m.

**Manhattan Caregivers Connect**  
1st and 3rd Friday of the Month  
11 a.m. - 12 p.m.

**Self-Care Conversations Caregiver Support Group**  
2nd Thursday of the Month  
6 - 7 p.m.

**Young Adult**  
4th Monday of the Month  
6 - 7 p.m.

### IN PERSON

*Address provided upon registration*

**Parent Care Support Group**  
2nd Wednesday of the Month  
6 - 7 p.m.  
Midtown Manhattan

**Midtown Spousal Support**  
3rd Tuesday of the month  
2 - 3 p.m.  
Midtown Manhattan

### GRUPO DE APOYO VIRTUAL

**Café con Leche (Spanish)**  
1st Saturday of the Month  
10:30 a.m. - 12 p.m.

*Please note that by registering for programs and services, you are also agreeing to receive phone calls, emails or text messages with more information. You may opt out of receiving these communications by calling our 24/7 Helpline at 800.272.3900.*

# VIRTUAL GROUPS COMING SOON!

Email [nyccare@alz.org](mailto:nyccare@alz.org) now to get on our waitlist.

**Alz Bereavement Support Group**

**Mindfulness Caregiver Support Group**

## EARLY STAGE SUPPORT GROUPS

For those diagnosed with MCI, Alzheimer's or a related dementia living in the early-stages.

Pre-registration is require for these programs. For more information or to register for our early stage programs, please call our helpline at 800.282.3900.

## VIRTUAL

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### **Dementia Chat: Early Stage Support Group**

Weekly on Mondays, 3 - 4 p.m.

January 13, 2025 - March 17, 2025

*(Skipping January 20 and February 17)*

## IN PERSON

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### **Memory Matters: Bronx**

Every Tuesday, 11 a.m. - 12:30 p.m.

January 14, 2025 - March 4, 2025

Riverbay, 2049 Bartow Ave, Bronx, NY 10475

### **Dementia Chat: Brooklyn**

Launching late February (Exact dates/times TBD)

Will meet weekly for 8 weeks

Location: TBD

## PERSONAL CARE CONSULTATIONS

Having a road map to navigate through the decisions, challenges, and questions you may have at every stage of Alzheimer's or another dementia is important. Meet with one of our social workers or counselors to get help creating an action plan for caring for your friend or family member with the disease.

Telephonic care consultations are available 24/7 by calling 1-800-272-3900. You can schedule an in-person consultation for Monday to Friday 9 am to 5 pm by emailing [nyccare@alz.org](mailto:nyccare@alz.org). Extended hours offered by appointment.

**REGISTER TODAY ON OUR 24/7 HELPLINE: 800.272.3900**