

# ALZ MEN'S CAREGIVER SUPPORT GROUP

## A support group for Male Caregivers

Supporting a family member living with dementia requires immense amounts of strength and resilience. As men taking on this responsibility, we often find ourselves lacking opportunities to receive support from those sharing similar experiences.

In this group, you will build a support system of people who understand. Alzheimer's Association® support groups are conducted by trained facilitators and are a place to:

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



Starts January 16, 2025  
Meets every 3rd Thursday  
of the month



6:00pm-7:00pm



Virtual-Zoom



Free

Pre-screening is required for this support group.

Please call 800.272.3900 or email [dhaynes@alz.org](mailto:dhaynes@alz.org) to register.