



**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.

# Sedona Caregiver Support Groups

Presented by the Alzheimer's Association  
Desert Southwest Chapter | Northern Arizona

## In Person

**1st & 3rd Thursday of the month  
10:00 a.m. to 11:00 a.m. (beginning  
Dec. 2, 2021)**

**Sedona United Methodist Church  
110 Indian Cliffs Rd, Sedona, AZ 86336**

CDC Guidelines for COVID safety will be followed at all in person Support Group Meetings. Face masks and social distancing are required regardless of vaccination status.

## Virtual

**1st & 3rd Thursday of the month  
11:00 a.m. to noon**

**Call 1.888.788.0099**

**Meeting ID: 954 9647 1288**

**(Zoom option available on request)**

**For more information or to register call 928.771.9257 or 1.800.272.3900**

Visit [www.alz.org/dsw](http://www.alz.org/dsw) 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).