



MEMORY LOSS SUPPORT GROUPS (FOR THOSE CARING FOR AND/OR EXPERIENCING MEMORY LOSS)

Caregiver Support Group (Caregiver Only)

BELLINGHAM

Second Thursday of each month

1:30pm to 3:00pm – Grace Church
1815 Cornwall Avenue, Bellingham, WA

BELLINGHAM

Fourth Thursday of each month

12:00pm to 2:00pm – The Bellingham at Orchard
848 W. Orchard Drive, Bellingham, WA

BELLINGHAM

Second Wednesday of each month
(Adult children caring for a parent)

6:00pm to 7:30pm – First Congregational Church
2401 Cornwall Avenue, Bellingham, WA
Contact: Julie Johnson 360-927-4365

BLAINE

First Tuesday of the month

1:30pm to 3:00pm – Blaine Senior Center
763 G Street, Blaine, WA

LYNDEN

First Tuesday of the month

10:00am to 12:00pm – Lynden Manor
905 Aaron Drive, Lynden, WA

Care Partner Support Group (Care partner and person experiencing early memory loss)

BELLINGHAM

First and Third Thursday of the month

1:00pm to 3:00pm – First Congregational Church
2401 Cornwall Avenue, Bellingham, WA

LYNDEN

Every Monday

11:00am to 1:00pm – Lynden Manor
905 Aaron Drive, Lynden, WA

Staying Connected (For those persons experiencing early memory loss) Class size is limited. Cost: \$15.00 per group

BELLINGHAM

Every Wednesday

11:00am to 2:00pm – ASW Office
1301 Fraser St., Suite A-1, Bellingham, WA

Round Table

BELLINGHAM

Every Monday
(COST \$10.00)

11:00am to 1:00pm – ASW Office
1301 Fraser St., Suite A-1, Bellingham, WA

Social Group

BELLINGHAM

Every Tuesday
(COST \$10.00)

11:00am to 1:00pm – ASW Office
1301 Fraser St., Suite A-1, Bellingham, WA



CARGIVER SUPPORT GROUP (CAREGIVER ONLY)

This support group will provide you as the caregiver or loved one, the opportunity to talk to other individuals who are facing some of the same problems that they are. It is helpful to talk to sympathetic people about the frustrations you are experiencing. Alzheimer's disease and memory loss problems create many specific problems for families in their daily lives. Simply getting to know other people with similar concerns is a comfort to many.

A support group is a safe place to bring up issues that might be hard to talk about at home. The caregiver can raise their specific concerns in a support group, where objectivity of others can help the caregiver think through the situation.

This support group will also be an excellent place to learn about memory loss, dementia and the Alzheimer Disease, legal issues, community resources available to you and your family and better help you plan for the future. The members of the group welcome all caregivers and willingly share their ideas and experiences.

BELLINGHAM

Second Thursday of each month

1:30pm - 3:00pm

Grace Church- 1815 Cornwall Avenue

BELLINGHAM

Fourth Thursday of each month

12:00pm to 2:00pm

The Bellingham at Orchard
848 W. Orchard Drive, Bellingham, WA
Contact: Leslie Jackson (360) 671-3316

BELLINGHAM

Second Wednesday of each month
(Adult children)

6:00pm - 7:30pm

First Congregational Church –
2401 Cornwall Ave
Contact: Julie Johnson

BLAINE

First Tuesday of each month

1:30pm - 3:00pm

Blaine Senior Center—763 G Street
Contact: Leslie Jackson (360) 671-3316

LYNDEN

First Tuesday of each month

10:00am - 12:00pm

Lynden Manor—905 Aaron Drive
Contact: Leslie Jackson (360) 671-3316



CARE PARTNER SUPPORT GROUP (CAREGIVER AND PERSON WITH EARLY STAGE MEMORY LOSS)

This is a two component support group, one part is for the caregiver and the other is for the person experiencing early stage memory loss:

MEMORY SUPPORT GROUP

Education is empowerment! This therapeutic peer support group is professionally facilitated and may include discussions about the impact of the diagnosis on you and your family, coping with changing abilities, improving communication skills, finding meaningful activity, and planning for the future. You will have access to information regarding treatment and available community resources. Participants must have a diagnosis of Alzheimer's disease or another dementia related illness, and must be able to participate and feel comfortable in a group setting. Please call in advance to discuss in-private your appropriate placement into this group.

GROUP SESSIONS WILL PROVIDE...

- Information and Education
- Coping Strategies
- Discussion and Problem Solving
- Emotional Support

CAREGIVER SUPPORT GROUP

At the same time and location, ASW is also offering an additional support group in Bellingham for the care partners of those who are affected by Alzheimer's and other dementia-related diseases.

Care Partner Support Group (Care partner and person experiencing early memory loss)

BELLINGHAM

First and Third Thursday of the month

1:00pm to 3:00pm – First Congregational Church
2401 Cornwall Avenue, Bellingham, WA

LYNDEN

Every Monday

11:00am to 1:00pm – Lynden Manor
905 Aaron Drive, Lynden, WA



STAYING CONNECTED (FOR THOSE EXPERIENCING EARLY STAGE MEMORY LOSS)

This is a weekly program for people with early memory loss concerns. The program offers a safe and comfortable environment for participants to receive cognitive, physical, and social interaction with others.

The Staying Connected “classes” provide physical activities, educational programs and intellectual stimulation. Our weekly three-hour groups consist of an exercise program to promote strength and a sense of well-being, a brown bag lunch that fosters a social setting to build peer relationships, and a social group session that focuses on discussions tailored to specific interests and supportive interaction. Strong bonds form among those who attend.

We are also excited to offer two subset groups of Staying Connected: Round Table and Tuesday Talks. The Round Table group focuses more on the cognitive aspects of Staying Connected program and offers participants the chance to engage in deep, meaningful conversations. Tuesday Talks focuses more on the social interaction aspects of Staying Connected and offers participants the change to engage in lighthearted conversation and laughter.

Not only will the individual experiencing early memory loss benefit in many ways from these support groups, but it is also great for the caregiver since the class provides a safe and educational environment for their loved ones to attend each week.

Please join us for discussions, exercise, fun, new friends, speakers, music and so much more!

BELLINGHAM

Staying Connected
Every Wednesday
Cost: \$15/class

11:00am to 2:00pm – ASW Office
1301 Fraser Street, Suite A1, Bellingham, WA
Contact: Leslie Jackson (360) 671-3316

Round Table
Every Monday
Cost: \$10/class

11:00am to 1:00pm – ASW Office
1301 Fraser Street, Suite A1, Bellingham, WA
Contact: Helga Wissenbach

Tuesday Talk
Every Tuesday
Cost: \$10/class

11:00 am to 1:00 pm – ASW Office
1301 Fraser Street, Suite A1, Bellingham, WA
Contact: Beverly Brownrigg

Please note that these groups are closed, meaning there is an application and interview process to make sure the group can benefit the person and in turn the group as a whole. Please contact the office for more information.

For more information please contact the Alzheimer Society of Washington.