



Memory Loss Caregivers Support Groups via Zoom

Available through 2nd Half with Lyngblomsten Caregiver Services

Family and friends who are caring for someone experiencing Alzheimer's disease or a related dementia are welcome to participate. Facilitators are trained through the Alzheimer's Association and Lyngblomsten. All groups are open to caregivers in the community. For those who are not comfortable with video conferencing, there is an option to call in using the telephone.

Support Groups meet at the following times:

- 2nd Tuesday each month at 9 AM
- 3rd Thursday each month at 10 AM
- 4th Tuesday each month at 10 AM

Each Support Group meeting lasts about one hour. Sign up for any time slot.

If you are interested in signing up or participating in a group, please contact:

Caregiver Services at

(651) 632-5320 or lyngblomsten.cs@lyngblomsten.org

Once you sign up, the facilitator will email you the link to participate and guide you through downloading the Zoom app and becoming comfortable with it.

The following websites have video tutorials on using Zoom:

- <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-video-tutorials>
- <https://www.youtube.com/watch?v=jZ0cU802Aac>