

Aloha Chapter

Neighborhood Support Groups

For Family Caregivers



Caring for a loved one with Alzheimer's disease or a related disorder does not have to be a lonely experience, although it is common to feel alone—to think that no one can understand what is happening.

Meet in a non judgmental, confidential and sympathetic environment

- Share feelings and concerns with others who understand
- Gain knowledge of the disease
- Gather valuable information
- Share coping techniques
- Develop caregiving skills
- Learn about community resources
- Fellowship

**** In addition to the list below please ask about the Early-Stage Support Group**

Aiea/Pearl City

3rd Monday, 7:00 pm

St. Timothy's Episcopal Church
98-939 Moanalua Rd.

Honolulu/Central

4th Saturday, 3:00 pm

Plaza at Punchbowl
918 Lunalilo St., 1st Floor Activity Room

East Honolulu/Aina Haina

2nd Monday, 7:00 pm

Holy Nativity Church – Glantz Hall
5286 Kalaniana'ole Hwy.

Kaneohe

2nd Saturday, 10:00 am

Kaneohe Community Family Center
46-028 Kawa St., Suite A10

Honolulu/Makiki

November 23, 2010 Tuesday, 10:00 am

Central Union Church
(Contact Alzheimer's Association)

Mililani Mauka

4th Wednesday, 6:30 pm

Plaza at Mililani
95-1050 Ukuwai Street

Dates and times of support groups are subject to change; please call to confirm meeting times.

Alzheimer's Association – Aloha Chapter

For more information please contact:

Ira Kazama, ira.kazama@alz.org

Ward Warehouse, 2nd floor • 1050 Ala Moana Blvd., Suite 2610 • Honolulu, HI 96814

Phone: **(808) 591-2771** • Website: www.alz.org/hawaii