

## 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**

**3<sup>rd</sup> Monday, 7:00 pm**

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

### **Honolulu/Central**

**4<sup>th</sup> Saturday, 3:00 pm**

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

### **East Honolulu/Aina Haina**

**2<sup>nd</sup> Monday, 7:00 pm**

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

### **Kaneohe**

**2<sup>nd</sup> 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**

**4<sup>th</sup> 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:

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