



Support Groups around the state

A safe place for caregivers, family and friends of persons with dementia to share experiences and solutions.

Anchorage				
Alzheimer's Resource of Alaska 1750 Abbott Rd.	General Caregiver	2nd Thursday	10-11:30 AM	Marilyn McKay
	General Caregiver	4th Thursday	5:30-7 PM	561-3313
	Guardianship Support	3rd Tuesday	5:30-7 PM	Lisa Wawrzonek 561-3313
Chester Park Cooperative 2020 Muldoon Rd.	General Caregiver	1st Friday	10 -11:30 AM	Kim Jung 561-3313
Eagle River				
Holy Spirit Episcopal Church 17545 N. Eagle River Loop Rd.	General Caregiver	2nd Thursday	6:30-8 PM	Marilyn McKay 561-3313/Linda Shepard 746-3413
Statewide Telephone Support Group				
Alzheimer's Resource of Alaska	General Caregiver	1st and 3rd Wednesday 2-3 PM Dial in 1-877-216-1555, Code 927989		Gay Wellman 882-5620 or (800) 478-1080 x6
Fairbanks				
Alzheimer's Resource of Alaska 565 University Ave. Suite 2	General Caregiver	1st & 3rd Tuesday	11:30 AM-1 PM	Joan Adams 452-2277
Homer				
Friendship Center	General Caregiver	2 Thursday's a month	2:30-3:30	Mary Jo 235-2295
Juneau				
Juneau Public Library 292 Marine Way	Family Caregiver	3rd Thursday	12-1 PM	Joylynn 463-6177 or (866) 746-6177
Ketchikan				
Southeast Senior Services	Family Caregiver	Call for more information		Bernice 225-8080
Kodiak				
Kodiak Senior Center 302 Erskine Ave.	General Caregiver	4th Thursday	12:30-1:30 PM	486-6181
Mat-Su Valley				
Alzheimer's Resource of Alaska Trinity Barn Plaza Mile 2.2 Palmer-Wasilla Hwy.	General Caregiver	2nd Wednesday	1-2:30 PM	Linda Shepard 746-3413
Seward				
Seward Senior Center	General Caregiver	4th Thursday	1-2 PM	262-1280 or (800) 776-8210
Sitka				
Brave Heart Volunteers	General Caregiver	2nd Wednesday	12-1 PM	747-4600
Soldotna				
Soldotna Senior Center	General Caregiver	2nd & Last Tuesday	1-3 PM	262-1280 or (800) 776-8210
Sterling				
Sterling Senior Center	General Caregiver	1st Tuesday	1-2 PM	262-6808