

# Caregiver Support Groups throughout Alaska






Groups are free to join. Registration required. ARA logo  indicates an ARA facilitator.

<b>Statewide Telephone Support Group</b> Dial in using: 1-877-216-1555 Code 927989# No registration required	 Every 1st Saturday, 1–2:00 pm For additional info, contact  Gay Wellman, <a href="tel:822-5620">822-5620</a> or <a href="tel:800-478-1080">800-478-1080</a>
	 Every 3rd Wednesday, 1–2:00 pm For additional info, contact  Debbie Chulick, <a href="tel:561-3313">561-3313</a> or <a href="tel:800-478-1080">800-478-1080</a>
<b>Statewide Care Partner Support</b>	 Every 2nd & 4th Tuesday, 1-2:30 pm  Every 2nd & 4th Saturday 10:30am-12 pm CONTACT:  Gay Wellman, <a href="mailto:gwellman@alzalaska.org">gwellman@alzalaska.org</a> <a href="tel:822-5620">822-5620</a> or <a href="tel:800-478-1080">800-478-1080</a>
<b>Grieving Caregiver Support</b>	 Every 1st & 3rd Thursday, 1-2:30 pm  CONTACT:  Gay Wellman, <a href="mailto:gwellman@alzalaska.org">gwellman@alzalaska.org</a> <a href="tel:822-5620">822-5620</a> or <a href="tel:800-478-1080">800-478-1080</a>
<b>Anchorage</b>	 Every 4th Thursday, 5:30–7 pm CONTACT:  Debbie Chulick, <a href="tel:561-3313">561-3313</a>
<b>Eagle River</b>	 Every 2nd Thursday, 6–7:00 pm  CONTACT:  Debbie Chulick, <a href="tel:561-3313">561-3313</a>
<b>Fairbanks</b>	 Every 2nd Tuesday, 4:30–6 pm  Every 3rd Tuesday, 1:00–2:30 pm CONTACT:  Joan Adams, <a href="tel:452-2277">452-2277</a>
<b>Homer</b>	Call for current schedule CONTACT: Pam Hooker, <a href="tel:235-7655">235-7655</a>
<b>Juneau / Southeast AK</b>	Call for current schedule CONTACT: Aimee <a href="tel:463-6177">463-6177</a>
<b>Ketchikan</b>	Call for current schedule. CONTACT: Bernice, <a href="tel:255-8080">255-8080</a>
<b>Kodiak</b>	Every 4th Thursday, 12:30–1:30 pm CONTACT: <a href="tel:486-6181">486-6181</a>
<b>Mat-Su Valley</b>	 Every 2nd Tuesday, 1:30–3 pm  CONTACT:  Janice Downing <a href="tel:746-3413">746-3413</a>
<b>Seward</b>	Every 4th Thursday, 1–2 pm CONTACT: <a href="tel:244-5604">244-5604</a>
<b>Sitka</b>	Call for current schedule CONTACT: <a href="tel:747-4600">747-4600</a>
<b>Soldotna</b>	Every 2nd and Last Tuesday, 1–3 pm Every 1st Tuesday, 1–2 pm CONTACT: Dani Keschull, <a href="tel:262-1280">262-1280</a>
<b>Sutton, Palmer, Chickaloon, Glacier View</b>	 Every 1st Friday, 10–11:30 am  CONTACT:  Kim Jung, <a href="tel:746-3413">746-3413</a>
<b>Talkeetna, Willow, Trapper Creek</b>	 Every 1st Monday, 10–11:30 am  CONTACT:  Kim Jung, <a href="tel:746-3413">746-3413</a>

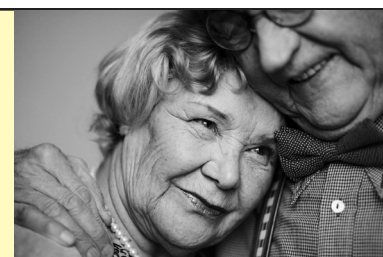


Support groups provide a way for people with a common experience to help and learn from each other. They can be an important source of social and emotional support, as well as a great way to see what works for others and learn about local services.

Most groups are currently available statewide over the  phone or via  Zoom. For this reason most people find it helpful to identify groups with days and times that work best with your schedule regardless of location.

 You might also be interested in joining our Facebook Caregiver Support Group. This is a closed group and you will need to request access.

**Mind Matters** is an education and support program for individuals with early memory loss.



This program goes beyond the confines of a traditional support group and offers participants a chance to share experiences while engaging in a variety of meaningful activities including volunteering, gardening, writing and listening to guest speakers.