



## Support Groups for Family and Friends Providing Care to an Older Relative or a Friend

All groups below are free and provide a safe place to discuss the stresses, challenges and rewards of caregiving.

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**When:** 1st and 3rd Tuesdays of the month • 10:00am to 11:30am.

**Location:** Hollywood Senior Center  
1820 NE 40th Ave  
Group Facilitator, Joyce Zerwekh

**For more information:**  
Hollywood Senior Center  
at (503) 288.8303 LGBT Welcoming!

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**When:** 1st Thursday of the month • 3:00pm to 4:30pm

**Location:** Legacy Good Samaritan Medical Center  
1040 NW 22nd building 2-(across from the main hospital entrance  
2nd floor conference room (next to the elevators)

**For more information:**  
Call Laurie Followell, MSW, Legacy Health Services  
503.413.5658 for more information  
Drop ins welcome.

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**When:** 1st and third Thursdays of each month from 11:00am to 1:00pm.  
AND first and third Tuesdays from 5:00pm to 7:00pm. Care is  
available on site for elders and persons with disabilities for a small  
fee during the support group. Care needs to be pre-arranged by  
calling Mt. Hood Adult Day Program at: 503.512.7373

**Location:** Mt. Hood Adult Day Program  
376 NE 219th Ave.  
Gresham OR 97030

**For more information and to arrange for care during the support group:**  
Mt. Hood Adult Day Program: 503.512.7373

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