



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.

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
Drop ins welcome.

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 Dena Wellington, MSW, Legacy Health Services
503.413.6927 for more information
Drop ins welcome.

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

For local Alzheimer's Support Groups contact: 1.800.272.3900

For local Parkinson's Support Groups contact: 503.496.3175

For local ALS Support Groups contact: 503.238.5559

For information about other resources for family and friends caring for an elder contact:
Loriann McNeill, Multnomah County Family Caregiver Support Program, 503.988.8210
