



2nd Half with Lyngblomsten

Memory Loss Caregivers Support Groups via Zoom Available through 2nd Half with Lyngblomsten Caregiver Services

Family and friends who are caring for someone experiencing Alzheimer's disease or a related dementia are welcome to participate. For those who are not comfortable with video conferencing, there is an option to call in using the telephone. Groups are facilitated by Lisa Brown, MSW, LISW, a Caregiver Resource Specialist with 2nd Half with Lyngblomsten.

Support Groups meet at the following times:

- 2nd Tuesday each month at 10:30 AM
- 3rd Thursday each month at 10:30 AM
- 4th Tuesday each month at 10:30 AM

Each Support Group meeting lasts about one hour. Sign up for any time slot.

If you are interested in participating in a group, please contact:

Caregiver Services at (651) 632-5320 or caregiving@lyngblomsten.org

Once you sign up, the facilitator will email you the link to participate and guide you through downloading the Zoom app and becoming comfortable with it.

The following websites have video tutorials on using Zoom:

- <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-video-tutorials>
- <https://www.youtube.com/watch?v=jZocU802Aac>

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(651) 632-5320 | caregiving@lyngblomsten.org | www.lyngblomsten.org/caregiving

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