



## Virginia Beach Caregiver Support Group

**Presented by:**

**Alzheimer's Association**

**Southeastern Virginia**

Third Monday of the month  
12:00 p.m. - 1:00 p.m.

Our Lady of Perpetual Help  
4560 Princess Anne Rd  
Virginia Beach, VA 23464

Our Lady of Perpetual Help  
(757) 495-4211

RSVP is required to attend this meeting. Complimentary lunch will be served. Masks are required at this location. Contact the Alzheimer's Association 24/7 Helpline with question at 1-800-272-3900.

### Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.