

ALZHEIMER'S  ASSOCIATION®

Male Dementia Caregiver Support Group

Presented by the Alzheimer's Association
Minnesota-North Dakota Chapter



Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained leaders, are a place for caregivers, family and friends of individuals with dementia to:

- Develop a community of people who understand.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through concerns and identify ways to manage.
- Learn about community resources.

Meeting monthly on the first Wednesday of the month
6 - 7 p.m. | Virtual via Zoom
Contact Doug Mellema at douglasmellema@gmail.com or
Chris Ackerman at c.ackerman84@gmail.com
for more information and the meeting link.

Visit alz.org/mnnd to learn more about caregiver programs and resources. To further extend your network of support, visit ALZConnected®, our online community, at alzconnected.org.

Minnesota-North Dakota Chapter
12701 Whitewater Drive, Suite 290
Minnetonka, MN 55343

alz.org/mnnd
24/7 Helpline 1.800.272.3900