



CAREGIVER SUPPORT GROUPS

Thurston County

ALS Support Group

1st Tuesday of every month, 3-5pm
Olympia Center, 222 Columbia Street
Call Caryn Wise at (253) 254-8909

Alzheimer's Association

Family Caregiver Support Group

4th Friday of every month, 1-3pm
St. Mark's Lutheran Church
2109 College St SE, Lacey
Park in rear lot, enter through back door

2nd Thursday of every month, 2:30-4:30pm
Virgil Clarkson Lacey Senior Center
6757 Pacific Ave. SE, Lacey
Call Cheri Knighton at (360) 480-5887 for
either group

Brain Injury Support Group

**for survivors, family members,
& caregivers**

2nd Tuesday of every month, 6-7:30pm
Providence St. Peter Bldg #2,
3rd floor conference Room
Call: (360) 878-7240

Cancer Survivor Support Group

REGISTRATION REQUIRED

1st and 3rd Thursdays of every month,
6:30-8pm in Lacey
Call Cobie at (360) 789-7576 to register

Caregiver Support Group

For caregivers of those with memory loss
1st Thursday of each month, 1 - 2:30pm
Capital Medical Center, Rainer Room
3900 Capital Mall Drive SW, Olympia
Call Karen Hyde at (360) 819-3642

Family Caregiver Support Group

3rd Tuesday of every Month, 5:30-7pm
First United Methodist Church of Olympia
1224 Legion Way SE, Olympia
Meets in Room 222 of the Church
Call: (360) 943-2661

Huntington's Disease Support Group

**for anyone affected by or at risk for
Huntington's Disease**

1st Monday of every month, 5:30-7pm
St. Peter Hospital, Montreal Room
Call Juliette Knight at (360) 520-2240

MS Self-Help Group - Tumwater

for anyone affected by MS

4th Thursday of every month, 1-3pm
Tumwater Library Meeting Room
contact Stacey at (360) 485-7221 or
brightbluemser@hotmail.com

Thurston County, continued >

www.LMTAAA.org

Family Caregiver Support Program (888) 545-0910

Thurston County, *continued*:

MS Self-Help Group - Yelm

for anyone affected by MS

1st Wednesday of every month, 6:30-8pm

For location, contact Jerri at

morrisjerri@aol.com

Mended Hearts

for cardiac patients and support persons

1st Thursday of each month, 2 - 3:30pm

St. Peter Hospital, Cardio Rehab Room

Call Diane Caputo at (360) 705-1271

NAMI Family Support

Meets every Wednesday, 6-7:30 pm

Providence St. Peter, rooms 200 - 202

Call: (360) 493-6021

Parkinson's Disease Support Group

for patients; caregivers welcome

Weekly on Wednesday, 11am-12noon

Meets @ OLYMPIA Community Center,

222 Columbia Street NW

Olympia, WA 98501

Call: (360) 705-8520

Prostate Cancer Support Group

3rd Tuesday of every month, 7-8:30pm

Providence St. Peter (room changes)

Contact Jim Keifert at (360) 438-3644

or John Ross at (360) 427-1022

Stroke Club

**for stroke survivors, family members,
& caregivers**

2nd Sunday of every month, 3pm

Providence St. Peter

Emilie Gamelin Pavilion

Call: (360) 786-9258

Lewis County

Brain Injury Support Group

1st Tuesday of every month, 5-7pm

Providence Centralia Hospital

Meets in Chapel Conference Room

Call: (360) 864-4341

Parkinson's Support Group

2nd Thursday of every month, 1-2pm

Bethel Church

132 Kirkland Rd, Chehalis

Call Ken at (360) 520-4889

Diabetes Support Group- Chehalis

1st Friday of every month, 10:30-11:30 am

Stillwater Estates

For more information call:

(360) 736-4744

MS Self-Help Group - Centralia

for anyone affected by MS

1st Thursday of every month, 6-8pm

Providence Centralia Hospital

Chapel Conference Room

Contact Linda at (360) 748-8687

NAMI Family Support- Chehalis

3rd Tuesday of every month, 6-7:30pm

Chehalis Timberland Library

Call: (360) 736-5319

www.LMTAAA.org

Family Caregiver Support Program (888) 545-0910

Lewis County, *continued*:

Prostate Cancer Support Group

4th Thursday of every month, 7-9pm
Mother Joseph conference room at
Providence Centralia Hospital
1820 Cooks Hill Rd
3rd Thursday of every month, 2-3pm

Traumatic Brain Injury Support Group

1st Tuesday each month from 5-9 pm
Providence Centralia Hospital in the
Chapel Conference Room

Mason County

Alzheimer's Support Group

2nd Thursday of the month, 10:30-11:30am
900 West Alpine Way, Shelton
Call Kathy at (360) 426-2600

Belfair Caregiver Support Group

For caregivers of those with memory loss.
3rd Tuesday of each month, 1-2:30pm
HUB Center
111 NE Old Belfair Hwy, Belfair
Call: Debra Jamerson at (360) 621-1110

Cancer Support Group

2nd Sunday of every month, 10-11am
Faith Lutheran Church
1212 Connection Street, Shelton
Call: (360) 426-8611

Cancer Support Group at MGH

open to anyone affected by cancer
2nd Wednesday of every month, 4-6:30pm
Mason General Hospital, Pershing Room
Call Kelly at (360) 432-7706 ext 28711

Diabetes Support Group - ALLYN

4th Thursday of every month
1pm - 2pm, Port of Allyn Building
Downstairs Meeting Room
Call Sue at (360) 427-7332

Diabetes Support Group - SHELTON

3rd Thursday of every month
(except July & Aug.) 1pm - 2pm
Mason General Hospital, Pershing Room
Call: (360) 427-7332

Parkinson's Support Group

2nd Tuesday of every month,
12:30-3:00pm
900 W. Alpine Way
Call Kathy at (360) 426-2600

Prostate Cancer Awareness & Support Group

for Men & their significant others
2nd Thursday of the month, 10-11:30am
Olympic Bakery-Spencer Lake, Shelton
Call Jim at (360) 427-1981

Telephone Support

Alzheimer's Association 24/7 Helpline

(800) 272-3900

NW MS Society "Stay at Home" Group

3rd Wednesday of every month, 1-2pm
Call: 1-888-279-3775, code 4001#

Parkinson's Telephone Support Group

3rd Tuesday every month, 7:30-9pm
1-866-453-5550

VA Caregiver Support Line

(855) 260-3274

www.LMTAAA.org

Family Caregiver Support Program (888) 545-0910

Kitsap County

ALS Support Group– Silverdale

1st Thursday of every month, 3-5pm
United Methodist Church
9982 Silverdale Way NW
(entrance off Ridgetop Blvd NW)

Alzheimer's Support Group– Bremerton

MUST CALL PRIOR TO ATTENDING
1st Monday of the month, 1-2:30pm
Harrison Support Services Bldg, Kitsap Rm.
4205 Wheaton Way, Bremerton
Call Karen Scott at (360) 981-0237

Alzheimer's Support Group– Silverdale

MUST CALL PRIOR TO ATTENDING
1st Tuesday of the month, 10:30am-12pm or
3rd Tuesday of the month, 10:30am-12pm
Lutheran Church, 11701 Ridgepoint Dr. NW
Call Patti Denman at (206) 402-9857

Diabetes (Type 2) Support Group

1st Wednesday of March, June, Sept, Dec
from 5-6pm
Location varies, please call 360-744-6910
for upcoming location

First Caregivers Support Group

Meets the last Wednesday of every month,
11-12 pm
First Lutheran Community Church
2483 Mitchell Rd. SE, Port Orchard
Call: (360) 876-5270

Pierce County

ALS Support Group

3rd Tuesday of the month, 3-5pm
Absolute Mobility Center
6053 Tacoma Mall BLVD
Tacoma, WA 98418
Call Caryn Wise at (253) 254-8909

Breast Cancer Caregiver Support Group

Meets every Thursday from 5:30-7pm
Multicare Regional Cancer Center
4th Floor Milgard Pavilion
1003 S. 5th Street, Tacoma
Call Betsy at (253) 403-3169

Family Caregivers Support Group

**MUST CALL PRIOR TO ATTENDING–
SEATING IS LIMITED**
2nd Friday of every month, two groups:
10am-12noon - or - 1-3pm
Asia Pacific Cultural Center
4851 South Tacoma Way
Call:(253) 922-3221

Family Caregivers Support Group

2nd Monday of every month, 1:30-3pm
Good Samaritan Behavioral Health
325 E. Pioneer Ave, Puyallup
Room C-113
Call Kathie at (253) 697-8536

Parkinson's Disease Support Group

Visit www.WAparkinsons.org for a
complete list of all Washington
Parkinson's Disease support groups, or
call toll-free: 1-844-4WA-APDA