
Virtual Support Groups

- ❖ **Alzheimer's Foundation of America:** To register: call 866-232-8484.
 - Support Group for Family Members Whose Loved Ones Reside in a Care Setting During Covid-19. 6 week support group on Wednesdays from 3:30PM-4:30PM beginning May 6.
 - Family Interactions in the Time of COVID-19: How to Resolve Conflicts and Stressors. Support group every Friday from 3:30PM-4:30PM starting May 8.
- ❖ **Hospice of Michigan: Self Care: Coping with Fear, Isolation & Adversity:** Every Thursday from 2-2:45PM. To register, email Karen Monts at kmonts@hom.org or call 313-578-6326. You may also Click to Register:
http://hom.convio.net/site/Survey?ACTION_REQUIRED=URI_ACTION_USER_REQUESTS&SURVEY_ID=2681
- ❖ **Alzheimer's Association:** Virtual and dial-in support groups available. For information and to register, please visit <https://docs.google.com/document/d/1kXWPQBPTUJUmEY3eiecaBeL-pZJWEoKSrswfhglBQ5w/edit?ts=5e8b4236>
Or call the helpline at 800-272-3900.
- ❖ **DNOM: Real Talk** is an online peer support group available on Tuesdays from 12PM-1PM. Please register at peer_support@dnom.org.
- ❖ **JFS-Washtenaw County: Caregiving Conversations** is an informal support group for anyone caring for a person age 60+. For information and to RSVP visit <https://form.jotform.com/90025097577159> or contact Roberta Hirshon at 734-769-0209, ext 374 or email robertah@jfsann Arbor.org. Next meeting May 12 from 3-4PM.
- ❖ **ALS Association:** Several virtual support groups available including one for caregivers **Caregiver Burnout**. Check days, times and group information online at http://webmi.alsa.org/site/PageNavigator/MI_8_SupportGroups.html
- ❖ **Michigan Parkinson's Foundation:** All scheduled activities and classes have moved online. Check the current activity schedule at <https://parkinsonsmi.org/mpf-programs/exercise-and-movement-activities> and the education schedule at https://parkinsonsmi.org/images/Spring_Programs_-_April_28_2020_002.pdf.
- ❖ **JFS: Community-wide virtual support group** offered on Wednesdays at 1PM beginning May 6. Register online at <https://www.jfsdetroit.org/find-help/covid19/supportgroups/>.
- ❖ **Well Connected:** Several virtual support groups and programs are available. Spring/Summer catalog is located online at <https://covia.org/wp-content/uploads/2020/04/Well-Connected-Spring-Summer-Catalog-2020.pdf>

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- ❖ **Family Eldercare:** **Lifetime Connections Without Walls** program has several virtual support groups and activities. COVID-19 specific groups are also available. COVID-19: Coping During This Difficult Time is available on Thursdays from 11:30AM-12:30PM. To register call 888-500-6472 or email lcww@familyeldercare.org. <https://www.familyeldercare.org/wp-content/uploads/2020/04/LCWW-Spring-2020-Registration-Form.pdf>. Spring catalog available online at <https://www.familyeldercare.org/wp-content/uploads/2020/03/LCWW-Spring-2020-Catalog.pdf>
 - ❖ **Dexter United Methodist Church:** **Coping with Social Isolation & Grief**. Zoom sessions on Thursdays at 1PM and 7PM through May 21.
http://r20.rs6.net/tn.jsp?f=001upSkoo3tBpQFQpMr2cHmRi0Su7e5l-8fmYa5EUMDCJUy7AomYCpnLMYEDy-UV6Za_54TSCrhKmOuZab-INN4mSKxmcmRDKKtLrzxs3B5-urj9ESrfZTrlhZ86qznSb_wbYJGQNIk_Uy5GwxhigKINgQloDmb7Rox_XgKvIaqCni3oC54CSGtpgnUDI0DHFlixgRX7WSmexsdP3-pQHmhCQVH4ioLRk&c=W8z4X3yKSnxhdhta6MsV-mv2DDhQtpKBOeek2UD8qHyw5rAx9iEpkw==&ch=J7b0kr5UQtY1Z5c7zb6bw_Mq884iJscB4Hm4_puXvDbyogXcfU0BwQ==
 - ❖ **OLHSA:** **Grandparents Raising Grandchildren support group** meetings are held virtually. Call 248-209-2600 for assistance.

For additional resources, please visit aaa1b.org/coronavirus or call 800-852-2295.

These agencies are intended as referrals only. We do NOT license, endorse or recommend any provider.
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