

Caregiver Support Groups

JANUARY - FEBRUARY 2023

Please Contact our Helpline at 800.272.3900 or email utahprograms@alz.org to register before attending a support group.

Bountiful | 1st and 3rd Thur

3:00 pm-4:30 pm

In partnership with Davis County Health
Dept. South Davis Senior Activity Center
726 S. 100 E., Bountiful, UT 84010

Cedar City | Every Tues

Information and Support Session

5:30 pm-6:30 pm

303 N. 100 E. #2610, Cedar City, UT 84721
*In-person with a virtual option available

Clearfield | 1st Wed

3:00 pm-4:00 pm

In partnership with Davis County Health
Dept. North Davis Senior Center
42 S. State St., Clearfield, UT 84015

Lehi | 4th Thurs

4:30 pm-5:30 pm

Covington Senior Living
301 N. 1200 E., Lehi, UT 84043

Layton | 2nd Wed

3:00 pm-4:00 pm

Supporting Healthy Brains Group
Fairfield Village
1205 N. Fairfield Rd., Layton, UT 84010

Layton | 3rd Tues

7:00 pm-8:00 pm

Fairfield Village
1205 N. Fairfield Rd., Layton, UT 84010

Ogden | 3rd Mon

1:00 pm-2:30 pm

Golden Hours Senior Center
650 25th St., Ogden, UT 84401

N. Ogden | 1st Thur

2:00 pm-3:00 pm

In partnership with George E. Wahlen
Veterans Home 1102 N. 1200 W. Ogden,
UT 84404

Sandy | 2nd Wed

Hybrid meeting: In person and virtual

**Frontotemporal Dementia and Other
Dementias 10:00 am-11:30 am**

Sandy Senior Center

9310 S. 1300 E., Sandy, UT 84094

Contact: Bonnie Shepherd 801.231.3442

Park City | Select Fridays

1:00 pm-2:00 pm

Park City Community Church

4501 N. Highway 224, Park City, UT 84098

Email utahprograms@alz.org

Tooele | 3rd Mon

2:00 pm-3:00 pm

Tooele Senior Center

Virtual Caregiver Support Groups

3rd Thur

10:00 am-11:00 am

Dementia Caregiving with Bonnie Shepherd

Contact: 801.231.3442

1st Thur

12:00 pm-1:30 pm

In partnership with the University of Utah
Health

Thursdays at 3:30 pm

Mindful Self-Care for Caregivers

w/ Raven Albertson, CHES®