



## Caregiver Support Groups

This list of support groups and other resources includes a variety of options for caregivers who want to talk about their experiences with others who face similar caregiving challenges. Because group schedules and formats can change unexpectedly, please contact the organization directly to confirm the meeting details, location, and availability before attending. Please note: This list is provided for informational purposes only and does not imply a formal endorsement or recommendation of any specific program or provider by the Council on Aging.

### **Council on Aging Caregiver Support Group**

Two groups are led by Council on Aging Case Manager, Wes Vaughn. These are closed groups, and regular participation is expected. There is currently a waitlist.

When: Mondays

Location: Unitarian Church, 61980 Skyline Ranch Rd, Bend, OR 97703

Contact: To be added to the waitlist, contact Wes Vaughn at [wvaughn@councilonaging.org](mailto:wvaughn@councilonaging.org) or call (541) 678-5483.

### **Legacy Health Group - Caregivers for Individuals with Chronic Conditions**

Virtual support group open to all as a safe place to discuss the stresses, challenges, and rewards of providing care to, or being a support for a relative or friend with a chronic condition.

When: First Thursday of the month, 3 PM - 4:30 PM

Location: Virtual on Microsoft Teams:

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_MGI1NDliZDgtM2EyNi00MGI5LThkMzEtY2Q4NmVhNTE5Y2Vi%40thread.v2/0?context=%7b%22Tid%22%3a%223683988d-7d40-4338-bf20-0b5dd13f4301%22%2c%22Oid%22%3a%226252c5e6-591b-4120-a65b-080d8e4238de%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MGI1NDliZDgtM2EyNi00MGI5LThkMzEtY2Q4NmVhNTE5Y2Vi%40thread.v2/0?context=%7b%22Tid%22%3a%223683988d-7d40-4338-bf20-0b5dd13f4301%22%2c%22Oid%22%3a%226252c5e6-591b-4120-a65b-080d8e4238de%22%7d)

Audio call in: +1 (971) 266-1555; Conference ID: 309 882 62#

Contact: Laurie Followell, Phone: (503) 413-5658 or email: [caregiversupportgroup@lhs.org](mailto:caregiversupportgroup@lhs.org)

### **Partners in Care - Caregiver Cafe**

Come together with other caregivers in Central Oregon to share ideas, navigate challenges, and simply meet others in a similar situation, all in a safe, supportive environment at Partners In Care.

When: Second Tuesday of each month

Location: Wyatt Room at Partners In Care, 2075 NE Wyatt Ct, Bend, OR 97701

Contact: Molly Denton, [molly.denton@partnersbend.org](mailto:molly.denton@partnersbend.org)

### **Touchmark at Mt. Bachelor Village**

- In-person support groups offered for residents and the general public. Call 541-848-4161 to register and answer screening questions.
  
- Spousal Caregiver Support Group  
When: Third Thursday of the month, 10:30am
  
- Location: 19800 SW Mount Bachelor Dr, Bend, OR 97702  
Contact: Life Enrichment Director, 541-848-4161

### **AARP Caregiving Resource Line**

Agents are available to take calls Monday – Friday, 8 AM – 8 PM, ET.

For English, call: 1-877-333-5885

For Spanish, call: 1-888-971-2013

### **Alzheimer's Association | Oregon & SW Washington Chapter**

All support groups are via Zoom or phone. To register, please visit [www.alz.org/crf](http://www.alz.org/crf) or call the Alzheimer's Association 24/7 Helpline at 800.272.3900.

- LGBTQ+ Caregiver Support Group  
Meets the 1st Wednesday of each month  
6 to 7:30 pm
  
- Caregiver Support Group for Adult Children Caring for Parents with Alzheimer's or Other Dementia  
Meets the 2nd Saturday of each month

10 to 11:30 am

- Central Oregon Caregiver Support Group  
Meets the 2nd Tuesday of each month  
2 to 3:30 pm
- Bend Caregiver Support Group  
Meets the 3rd Thursday of each month  
5 to 6:30 pm
- Sandwich Generation Caregiver Support Group  
Meets the 2nd Sunday of each month  
6:30 to 8 pm
- Support Group for Caregivers of Those with Younger Onset (diagnosed under the age of 65)  
Meets the 4th Monday of each month  
6:30 to 8 pm
- Caregiver Support Group - Grief Loss of a Partner  
Meets the 2nd Wednesday of each month  
6 to 7:30 pm
- Caregiver Support Group - Grief Loss of a Parent  
Meets the 3rd Tuesday of each month  
6:30 to 7:30 pm

### **Living Well with Dementia Sisters**

Dementia Care Partners Support Group

When: Bi-weekly on Wednesdays, 1-2:30pm

Location: Sisters Senior Living, 411 E Carpenter Ln, Sisters, OR 97759, USA

Contact: <https://www.livingwellwithdementiasisters.com/events-3>, 541-647-0052,  
[Hello@LWWDs.com](mailto>Hello@LWWDs.com)

### **Crook County Alzheimer's Association Group**

Mosaic Medical Prineville Clinic

When: Fourth Wednesday of the month, 5:30 – 7 PM

Location: 375 NW Beaver St, Prineville, OR 97754

Contact: Call 1-800-272-3900 for more information or to register.

### **Redmond Dementia Caregiver Support Group.**

When: Every other Wednesday at 9am

Location: Community Presbyterian church 529 NW 19th Street, Redmond

Contact: Call Everett Nay at 925-787-1629

### **Stroke Caregiver Support Group – Bend**

When: Second Monday of each month, 1 PM – 2 PM

Location: In person at 695 SW Mill View Way, Bend, Oregon 97702. Zoom is also available. Zoom ID: 267 166 8755

Contact: Ofelia Sanchez, [sanchana@oregon-state.edu](mailto:sanchana@oregon-state.edu), (541) 323-5641

### **Stroke Awareness Oregon Caregiver + Family Support Group**

Virtual support group via Zoom for family members of individuals suffering from a stroke or brain injury.

When: First Wednesday of the month, 3 PM, PT

Location: To get the Zoom link, visit: [www.strokeawarenessoregon.org/support-groups](http://www.strokeawarenessoregon.org/support-groups)

Contact: (541) 323-5641

### **Stroke Awareness Oregon Carepartner Support Group Bend**

These are open to care partners of individuals with Parkinson's, MSA or PSP, and Lewy Body Dementia.

When: Every Friday, 9:30 AM

Location: Partners In Care, 2075 NE Wyatt Ct, Bend, OR 97701

Contact: Mary Jo, 541- 693- 4488

### **Stroke Awareness Oregon Carepartner Support Group Redmond**

These are open to care partners of individuals with Parkinson's, MSA or PSP, and Lewy Body Dementia.

When: Third Thursdays at 10 AM

Location: Community Presbyterian, 529 NW 19th St, Redmond, OR 97756

Contact: Virgie, 541-923-1575

### **ALS Northwest Virtual Family Caregiver Support Group**

Virtual group for caregivers of someone living with ALS

When: Second Tuesday of the month, 5–6:30 PM

Location: Contact Christina Riddock to receive the virtual meeting link.

Contact: Christina Riddock, 541-977-7502, [Christina.Riddock@alsnorthwest.org](mailto:Christina.Riddock@alsnorthwest.org)

### **ALS Northwest**

In-person group for individuals living with ALS and their loved ones.

When: Second Wednesday of every month, 11:30 AM – 1 PM

Location: Partners In Care, 2075 NE Wyatt Ct, Bend, OR 97701

Contact: Christina Riddock, 541-977-7502, [Christina.Riddock@alsnorthwest.org](mailto:Christina.Riddock@alsnorthwest.org)

### **Partners In Care Adult Bereavement Support Groups**

Multiple in-person bereavement support groups available.

Times vary.

Location: Partners In Care, 2075 NE Wyatt Ct, Bend, OR 97701

Contact: Call (541) 382-5882 and ask for Carla to get more information and to register.

### **Cascades of Bend Dementia Education and Support Group**

This support group is free, open to the public, community-focused group is designed to provide both practical education and meaningful emotional support for caregivers, family members, and anyone navigating the challenges of dementia.

When: Third Tuesday of each month, 4:30 PM to 5:30 PM

Location: Cascades of Bend, 1801 NE Lotus Dr, Bend, OR 97701

Contact: Kari, [KariH@cascadeliving.com](mailto:KariH@cascadeliving.com), 541-389-0046

### **VA Caregiver Support Line**

The United States Department of Veterans Affairs has a support line for caregivers who need advice and assistance.

Details: Monday – Friday, 8 AM – 8 PM, PT, Saturday, 8 AM – 5 PM, PT

Contact: Call the line, toll-free at 1-855-260-3274

### **American Red Cross Military and Veteran Caregiver Network**

Online community and support groups for caregivers of veterans. To register, visit:

<https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html>

### **National Alliance on Mental Illness Family Support Groups:**

NAMI Family Support Group is a peer-led support group program for family members, caregivers, and loved ones of individuals living with mental illness. In these groups, which meet weekly or monthly, family members can talk frankly about their challenges and help one another through their learned wisdom. NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

When: 2nd and 4th Wednesdays of the month, 5:30-6:30pm, PT

Location: Embark Coworking Community, 2843 NW Lolo Dr., Bend, OR 97703

Contact: Casey Munck, Programs Manager, NAMI Central Oregon,  
programs@namicentraloregon.org

When: Third Saturday of the month, 10 – 11:30 AM, PT

Location: Zoom meeting

Contact: <https://zoom.us/meeting/register/v5Aude6gpz4gg6rcAXLQErjDvA3RjUHww>

When: Last Thursday of the month, 5:15 – 6:45 PM, PT

Location: Zoom meeting

Contact: <https://zoom.us/meeting/register/tJUpcumsrDItAeeAYSoQ5dmFPuwAi4EXcg>

### **Davis Phinney Foundation for Parkinson's**

Care Partner Monthly Meetup with Connie Carpenter Phinney

When: First Tuesday of the month, 11 AM, PT

Contact: To receive Meetup information, visit

<https://davisphinneyfoundation.org/event/parkinsons-care-partner-meetup>.

### **Parkinson's Caregiver Support Group**

In-person caregiver support group through Parkinson's Resources of Oregon

When: Second Thursday of the month, 1 PM

Location: Partners In Care, 2611 NE Courtney Ave, Bend, Oregon 97701

Contact: Caryn at [cblee@bendbroadband.com](mailto:cblee@bendbroadband.com)

### **Pulmonary Hypertension Support Group**

In-person support group for individuals who have pulmonary hypertension and their caregivers.

When: First Saturday of the month, 1 – 3 PM

Location: East Bend Library, 62080 Dean Swift Road, Bend, OR 97701

Contact: Michele M. Freeman, [oregonphgroup@gmail.com](mailto:oregonphgroup@gmail.com), (541) 638-0225