COUNCIL ON AGING
OF CENTRAL OREGON

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 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
Audio call in: +1 (971) 266-1555; Conference ID: 309 882 62#
Contact: Email caregiversupportgroup@lhs.org

Last Updated: 10/27/26

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

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 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

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: 2nd and 4th Wednesday at 9am
Location: Building behind Zion Lutheran Church, 1108 Antler St, Redmond
Contact: Call Everett Nay at 925-787-1629

Grief Support Group
When: 1st and 3rd monday of every month at 1:30 pm
Locations: Redmond Church Assembly of God, 1865 Antler Ave. Redmond, Oregon 97756
Contact: 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, (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
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

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

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, 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/v5Aude6gpz4qg6rcAXLQErijDvA3RjUHww

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

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, (541) 638-0225