



Caregiver Support Groups

Billings

Caretime Support Group for Caregivers
 Adult Resource Alliance of Yellowstone County
 1505 Avenue D – 2nd floor (59101)
 (406) 259-5212 (JoDee)

Monthly date varies
 2nd or 3rd Wednesday

2 PM
 Call First

Alzheimer Association Support Group
 Billings Clinic Downtown
 Basement Room 1
 801 North 29th Street (59107)
 (406) 690-2468 (Ramona) 657-4773

4th Monday

Noon

Alzheimer Association Support Group
 Canyon Creek Memory Care
 1785 Majestic Lane
 (406) 281-8455 (Marianne)

2nd & 4th Monday

11 AM

Highgate Senior Living-Bistro
 3980 Parkhill Drive (59102)
 (406) 651-4833 (Mikala)

3rd Tuesday

5:30 PM

The Springs Living
 1221 28th Street West
 (406) 652-6989 (Nadine)

3rd Tuesday

2 PM
 Call First

Westpark Village Assisted Living
 2351 Solomon Avenue
 2nd Floor Library (59102)
 (406) 652-4886 (Melissa)

1st & 3rd Wednesday

2 PM

Bozeman

Spring Creek Inn
 1641 Hunters Way (59718)
 (406) 586-0074 (Cindy)

4th Thursday

Noon

Butte

Caregiver Support Group
 Belmont Senior Center
 615 Mercury (59701)
 (406) 723-7773 (Ann)

1st & 3rd Tuesday

1 PM
 Call First

Alzheimer Association Support Group Springs Living of Butte 300 Mount Highland Drive (59701) (406) 494-0083 (Shelly)	3rd Tuesday	7 PM Call First
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Chinook and Havre area

Area Support Group Grande Villa 315 Pennsylvania (59523) (406)357-8130 (Sherry)	1 st &3 rd Tuesday	1:30 PM
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Great Falls

Alzheimer Support Group Benefis Health System Senior Services Benefis Eastview Memory Care Unit 2621 15 th Avenue South (59405) (406) 455-5950 (Becky)	1 st & 3 rd Tuesday or 2 nd & 4 th Tuesday Call ahead	1:30 PM
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Alzheimer Association Support Group Missouri River Care & Rehab 1130 17 th Avenue South (59405) (406) 771-4544 (Dawn)	1 st & 3 rd Monday	11:30 & 5:30
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Caregiver Support Group Benefis Sletten Cancer Institute Hope Education Room 1117 29 th Street South (59405) (406)731-8250 (Molly)	3 rd Monday Facilitated by Jona McNamee	Noon
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Cambridge of Great Falls 1109 6 th Avenue N (59401) (406)727-7151 (Kaitlynn)	3 rd Tuesday	7 PM Call First
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Highgate Senior Living 3000 11 th Avenue South (59405) (406) 454-099 (Leslie)	Last Wednesday	Noon Call First
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Hamilton

Bitterroot Valley Alzheimer's Support Group South Living Room Valley View Estates Health Care Center 225 N. 8 th Street (59840) (406) 363-5690 (Katie)	1 st & 3 rd Fridays	1 PM
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Grandparents Raising Grandchildren Support Group Big Creek Coffee Shop 301 West Main Street (59840) (406) 396-1937 (Anna Marie)	Wednesdays	10:30 AM
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Helena

Alzheimer's Support Group 1740 N. Montana Avenue (59601) (406) 431-0452 (Cindy) (406) 431-9801 (Betsy) (406) 461-7941 (Tom)	2 nd Tuesday/4 th Thursday	7 PM
Lewis and Clark Library 120 S Last Chance Gulch (59601) (406) 444-5301 (Julie)	1 st & 3 rd Friday	Noon
Touchmark on Saddle Drive 915 Saddle Drive (59601) (406) 449-4900 (Nanette)	3 rd Monday Respite care available	7 PM Call First
Big Sky Caregivers Connect Touchmark on Saddle Drive 915 Saddle Drive (59601) (406) 475-2366 (Bev)	4 th Wednesday	Noon

Libby

Libby United Methodist Church 713 Main Avenue (59923) (406) 293-4937 (Dorothy) (406) 293-4522 (Church)	Tuesday	2 PM
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Kalispell

TBI and Caregiver Support Group Summit Medical Fitness Center-Conference Room 205 Sunnyview Lane (59901) (406) 756-4720	2 nd Monday	6 PM
Caregiver Support Group* Buffalo Hill Terrace 40 Claremont Street (59901) (406) 752-9224	3 rd Monday	3 PM

*Respite care is available for your loved ones during these sessions. Contact the Flathead County Agency on Aging for information (406)758-5730

Missoula

Alzheimer's Association Support Group Summit Independent Living Center Conference Room 700 SW Higgins (59803) (406) 549-3433 (Jackie)	2 nd Wednesday	Noon
Alzheimer's Association Support Group Missoula Senior Center 705 South Higgins (59801) (406) 549-3433 (Jackie)	4 th Monday	6:30 PM

Caregiver Support Group and Education The Village Senior Residence 2815 Old Fort Road (59804) (406)549-1300 (Sarah)	Wednesdays	Noon Call First*
	*Location and time may vary	

Polson

Alzheimer Caregiver Support Group Presbyterian Church of Polson 301 4 th Avenue E (59860) (406) 849-6207 (Arlene)	2 nd Wednesday	1:30 PM
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Cheerful Heart Cancer/Caregiver Support Group United Methodist Church 301 16 th Avenue (59860) (406) 883-7284 or (406) 824-2868 (Tammy)	2 nd & 4 th Monday	Noon
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Red Lodge

The Willow's 2475 N. Broadway ((406) 446-1020	1 st & 3 rd Wednesday	9:30 AM
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*Some support groups or classes [Powerful Tools for Caregivers] are being broadcast using video conferencing to towns throughout northcentral Montana. Call Karyn at 406-731-5588 for availability.

Video conference Locations: Big Sandy Medical Center, Liberty Medical Center-Chester; Sweet Medical Center-Chinook; Teton Medical Center-Choteau; Pondera Medical Center-Conrad; Missouri River Medical Center- Fort Benton; Northern MT Hospital-Havre; Central Montana Medical Center – Lewistown; Phillips County Medical Center – Malta; and Marias Medical Center – Shelby.

Alzheimer's Telephone Support Group

The Alzheimer Association, National Chapters provide a telephone support group for caregivers of individuals with Alzheimer's disease and related dementias. The purpose is to reach out to those caregivers who could benefit from a support group, yet find it difficult to travel to a meeting site or a meeting site is not available in your community. For information about joining the telephone support group, call Kelli Moorehead, toll free: (800) 272-3900.

Support for Veteran Caregivers

VA's Caregiver Support Line Assistance is just a quick phone call away – while you're supporting a Veteran, we're here to support you. Sometimes, the best thing to do is just talk it out. We have the support and information you need. Our sole purpose is to help you – the wife or husband, mother or father, sister or brother, daughter or son, or loving family member or friend – who cares for a Veteran. Know that you deserve support, too, and you are eligible for assistance. VA's Caregiver Support Line has licensed caring professionals standing by. We can: Tell you

about the assistance available from VA. Help you access services and benefits. Connect you with your local family Caregiver Support Coordinator at a VA medical center near you. Just listen, if that's what you need right now. VA's Caregiver Support Line Call toll-free to 1-855-260-3274 - See more at: http://www.caregiver.va.gov/help_landing.asp#sthash.ur1B4vMP.dpuf

Parkinson's Support Groups

Support groups for people with Parkinson's disease and their caregivers are offered in Billings, Bozeman, Great Falls, Hamilton, Helena, Kalispell and Missoula.

The Montana Aging and Disability Resource Directory (www.Montana-ADRC.com) provides information related to Parkinson's disease and support groups available in Montana or visit the Northwest Parkinson Foundation at www.nwpf.org/participate/support-groups/montana.

Caregivers Training

The Montana State University Extension Offices offer an educational program, *Powerful Tools for Caregivers*, designed to provide the tools needed for caregivers to take care of themselves so they can continue to be an even more effective caregiver. The class consists of six 2-hour sessions. Participants receive the Caregiver Helpbook, handouts and numerous resources.

For more information about caregiver training and support in your area, call:

- Aging and Disabilities Resource Center or the Area Agency on Aging at 1-800-551-3191
- Local County Extension Office for information about classes in your area
msuextension.org/health/Powerful_Tools.html
powerfultoolsforcaregivers.org/book-store/