



## Chaffee County Caregiver Support Groups

**Presented by:**  
**Alzheimer's Association of Colorado**

First Thursday of the month  
10:45 a.m. - 12:00 p.m.  
First Presbyterian Church  
7 Poncha Blvd.  
Salida, CO 81201  
Matthew Gower, Facilitator

Third Tuesday of the month  
12:30 p.m. - 2:00 p.m.  
Salida Regional Library  
405 E Street, Salida, CO 81201  
Molly Bischoff, Facilitator  
cocareandsupport@alz.org

2nd Wednesday of the month  
4:30 - 6:00 pm  
Buena Vista Community Center  
715 E. Main St. Buena Vista, CO 81211  
Molly Bischoff, Facilitator  
cocareandsupport@alz.org

Visit [www.alz.org/co/helping\\_you](http://www.alz.org/co/helping_you) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at [alzconnected.org](http://alzconnected.org).

### Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.