



**Alzheimer's Disease  
Resource Center**

*Keeping Help and Hope In Mind*



## **JOIN OUR ALZHEIMER'S CAREGIVER TELEPHONE SUPPORT GROUPS**

Because of the current COVID-19 pandemic, **ADRC** recognizes that social distancing may be a challenge.

If you are struggling with isolation or feeling alone,

***WE ARE HERE FOR YOU!***

We are offering support groups by way of telephone.  
Please feel free to call our toll free number:

**425.436.6397**

When prompted, please enter the participation code:

**513432**

We are available:

Monday - Friday

10 am - 11 am & 1 pm - 2 pm

**\*Our Care Consultant is also available  
for one-to-one conversations. Please contact:**

**Cassandra Tavella 631.580.5100 Ext 302**

**Email: [cassandra.tavella@ADRCinc.org](mailto:cassandra.tavella@ADRCinc.org)**

**Alzheimer's Disease Resource Center**

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