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SUPPORT GROUPS FOR SENIORS ON THE EASTSIDE

ALCOHOL AND CHEMICAL DEPENDENCY

Alcoholics Anonymous Eastside Intergroup

Website: www.eastsideintergroup.org

Numerous locations seven days a week
(425) 454-9192

Al-Anon/Alateen

Website: www.seattle-al-anon.org

Numerous locations on Eastside
(206) 625-0000

For family members and friends of alcoholics and teenagers

Naranon

Website: <http://nar-anon.org/washington.htm>

Numerous meetings on Eastside
(206) 626-7171 or (800) 477-6291

For family members and friends of chemically dependent individuals

ALZHEIMER'S DISEASE AND DEMENTIA

Alzheimer's Association

www.alz.org

1-800-272-3900 (24-hr helpline)

Washington Chapter

www.alz.org/alzwa

1-800-848-7097 (24-hr helpline)

The Alzheimer's Association sponsors special focus groups. For information about Early Stage Patient Groups, Long Distance Caregiver's Groups or Ethnic Specific Groups, call (206) 363-5500

Bellevue

Alzheimer's Family / Caregiver's Support Group

Bellevue Senior Health Center

1750 112th Ave NE Suite A101

3rd Monday, 3:00 - 4:30 p.m.

(425) 688-5807

ALZHEIMER'S DISEASE - Continued

Mercer Island

Alzheimer's Caregiver Support Group
Community Center at Mercer View,
8236 SE 24th St, Mercer Island 98040
1st and 3rd Thursday, 3:00 - 4:30 p.m.
(206) 230-0166 (leave message)

Issaquah

Alzheimer's Caregiver Support Group
Aegis of Issaquah
780 N Juniper St, Issaquah 98027
2nd Thursday, 6:00 – 7:30 p.m.
(425) 313-7364

Redmond

Alzheimer's Early Onset Caregiver Support Group
Redmond United Methodist Church,
16540 NE 80th St, Redmond 98052
3rd Monday, 7:00 – 9:00 p.m.
(206) 363-5500
Call in advance for parking directions - Entrance on NE 68th Street.

Alzheimer's Caregiver Support Group
Emerald Heights
10901 176th Circle NE, Redmond 98052
1st Tuesday, 1:00 – 2:30 p.m.
(425) 556-8140

Bothell

Alzheimer's Caregiver Support Group
Northshore Senior Center Website: www.northshoreseniorcenter.org
10201 E. Riverside Drive, Bothell 98011
2nd and 4th Monday, 10:00 – 11:30 a.m.
(425) 486-4564

ARTHRITIS AND FIBROMYALGIA

Arthritis Foundation – Northwest Chapter

<http://www.arthritis.org/chapters/pacific-northwest>
206-547-2707
1-800-542-0295

BEREAVEMENT AND GRIEF

Evergreen Grief and Bereavement Services

Evergreen Hospice Center, Website: www.evergreenhealthcare.org/services/grief
12822 124th Lane NE, Kirkland 98034
(425) 899-1077 Pre-registration required. Multiple groups for all ages.

W.I.C.S. - Widows Information and Consultation Services

(206) 241-5650 Website: www.kcwics.org

Pilgram Lutheran Church
10420 SE 11th St, Bellevue 98004
Monday, 7:00 - 8:30 p.m.

Holy Family Parish
7355 120th Ave. NE, Kirkland, 98033
Thursday, 7:00 - 8:30 p.m.
For all widowed men and women who have lost a spouse or partner.

From Heartache to an Open Heart

Northshore Senior Center Website: www.northshoreseniorcenter.org
10201 E. Riverside Drive, Bothell 98011
1st Wednesday, 10:00 - 11:30 a.m.
(425) 486-4564

Group Health Cooperative

Group Health Bereavement Drop-In Support Groups
Various formats, call to confirm time, date and location
1-888-954-2509

CANCER

American Cancer Society Website: www.cancer.org
Call for information, locations and meetings times: 1-800-227-2345

American Cancer Society Patient Navigator – Bellevue

Overlake Hospital Medical Center
(425) 467-3809

Breast Cancer Support Group

Overlake Hospital Medical Office Tower, Suite 250
1135 116th Ave NE, Bellevue 98004
For breast cancer patients only.
1st and 3rd Tuesday, 7:00 - 8:30 p.m.
(425) 688-5986

CANCER - Continued

Breast Reconstruction Support Group

Overlake Hospital Medical Office Tower, Suite 250
1135 116th Ave NE, Bellevue 98004
4th Wednesday, 7:00 - 8:30 p.m.
(425) 688-5986

Cancer Grief and Loss Support Group

Overlake Hospital Medical Office Tower, Suite 250
1135 116th Ave NE, Bellevue 98004
2nd and 4th Thursday, 6:00 - 7:30 p.m.
Provides ongoing bereavement support for persons who have lost loved ones due to cancer.
(425) 688-5586 Please call to register

Cancer Lifeline

206-297-2500
1-800-255-5505

Website: www.cancerlifeline.org

Cancer Support Groups - Evergreen Hospital Medical Center

Bosom Buddies (breast cancer patients)
Touched by Cancer (for patients, friends, families)
1st and 3rd Wednesday, 10:00 - 12:00 p.m.
(425) 899-2265

Cancer Survival and Wellness Support Group

Saint Margaret's Episcopal Church
4228 Factoria Blvd SE, Bellevue, 98006
Wednesday, 7:00 - 9:00 p.m.
(425) 747-8211

CAREGIVERS

Bellevue

Caregiver Support Group
Overlake Senior Health Center
1750 112th Avenue NE, Suite A101, Bellevue 98004
2nd and 4th Thursday, 3 - 4:30 p.m.
(425) 688-5807

Bothell

Caregiver Support Group
Northshore Senior Center,
10201 E. Riverside Drive, Bothell 98011
2nd and 4th Monday, 10:00 - 11:30 a.m.
(425) 486-4564

CAREGIVERS - Continued

Carnation

Caregiver Support Group
Sno-Valley Senior Center
4610 Stephens Ave, Carnation 98014
3rd Thursday, 1:00 - 2:00 p.m.
(425) 333-4152

Kirkland

Caregiver Support Group
Peter Kirk Community Center
352 Kirkland Ave, Kirkland 98033
2nd Monday, 1:30 - 3:00 p.m.
(425) 587-3360

Mercer Island

Family Caregiver Support Group
Mercer Island Senior Health Center
7707 SE 27th Suite #110, Mercer Island 98040
2nd Tuesday, 3:00 - 4:30 p.m.
4th Thursday, 10:00 – 11:30 a.m.
(425) 688-5637

CO-DEPENDENTS

Website: www.codependents.org

Hope and Freedom Co-Dependents Anonymous

Northshore Senior Center,
10201 E. Riverside Drive, Bothell 98011
Friday, 11:00 - 12:30 p.m.
(425) 486-4564

DEPRESSION

Depression Support Group

Northshore Senior Center,
10201 E. Riverside Drive, Bothell 98011
1st Monday and 3rd Wednesday 10:00 - 11:30 a.m.
(425) 486-4564

DIABETES

American Diabetes Association
(206) 282-4616 or 1-888-342-2383

Website: www.diabetes.org

Call for information, location and meeting times

Bellevue

Diabetes Support Group
Overlake Hospital
1035 116th Ave NE, Bellevue 98004
2nd Monday (except July, August, December) 7:30 p.m.
(425) 747-2157

Bothell

Diabetes Support Group
Northshore Senior Center,
10201 E. Riverside Drive, Bothell 98011
2nd Wednesday, 10:00 - 11:30 a.m.
(425) 486-4564

GRANDPARENTS RAISING GRANDCHILDREN

Relatives as Parents/Grandparents Raising Grandchildren

Website: www1.dshs.wa.gov/pdf/ca/kinshpsupport.pdf
1-800-422-3263

HEAD INJURY

Brain Injury Association
1-800-523-5438

Website: www.biawa.org

Call for information, location and meeting times

HEARING LOSS

HEARING LOSS ASSOCIATION OF WASHINGTON

Website: www.hearingloss-wa.org

Bellevue Chapter

Lake Sammamish Foursquare Church
14434 NE 8th, Bellevue 98007
2nd Saturday, 1:00 p.m. (some months excluded, call for specifics)
(425) 742-3228

HEARING LOSS - Continued

Bothell Chapter

Northshore Senior Center
10201 E Riverside Drive, Room 202, Bothell 98011
4th Monday, 1:30 p.m.
(425) 487-2441

HEALTH and TRANSITION

Bothell

Sharing and Caring
Northshore Senior Center,
10201 E. Riverside Drive, Bothell 98011
Wednesdays, 1:00 - 2:00 p.m.
Open-ended support groups.
(425) 486-4564

Kirkland

Managing Life Changes
Peter Kirk Community Center
352 Kirkland Ave, Kirkland 98033
3rd Tuesday, 1:00 - 2:00 p.m.
(425) 587-3360

HEART DISEASE

Mended Hearts

Overlake Medical Tower,
1135 116th Ave NE, Bellevue 98004
2nd Thursday, 7:00 - 9:00 p.m.,
(425) 643-5191

LUNG DISEASE

American Lung Association

Website: www.alaw.org/lung_disease

Better Breathers Club

Evergreen Hospice,
12822 124th Lane NE, Kirkland 98034
2nd Wednesday, 12:30 - 2:00 p.m. (except July and August)
For individuals with respiratory diseases, their families and friends.
(425) 899-1948

MEMORY LOSS

Adults Caring for a Parent with Memory Loss

Kirkland Congregational Church

106 5th Ave, Kirkland, WA 98033

3rd Wednesday, 7:00 – 8:30 p.m.

(206) 412-2790 Led by trained volunteers from the Alzheimer's Association

Early Stage Memory Loss Group

Northshore Senior Center,

10201 E. Riverside Drive, Bothell 98011

2nd Friday, 1:00 – 2:00 p.m.

(425) 286-1035 Please call before attending first time. For persons in early stages of progressive memory loss, not a caregivers group

MENTAL ILLNESS

NAMI Eastside Family Support Groups

Website: www.nami-eastside.com

Bellevue

Eastshore Unitarian Church

12700 SE 32nd St, Bellevue 98005

2nd Wednesday, 7:30 – 9:00 p.m.

(425) 885-6264

St. Andrews Lutheran Church

2650 148th Ave SE, Bellevue 98007

3rd Thursday, 7:00 - 8:30 p.m.

(425) 885-6264

Kirkland

Fairfax Hospital

10200 NE 132nd St, Kirkland 98034

1st Tuesday, 7:00 – 8:20 p.m.

(425) 885-6264

OVEREATERS ANONYMOUS

Website: www.seattleoa.org

(206) 264-5045

Support Groups meet daily. Call for dates, times and locations.

PARKINSON'S DISEASE

Website: www.nwpf.org

Bothell

Northshore Senior Center
10201 E. Riverside Drive, Bothell 98011
2nd Tuesday, 10:00 - 11:30 a.m.
(425) 486-4564

Mercer Island

Community Center at Mercer View,
8236 SE 24th St, Mercer Island 98040
1st and 3rd Tuesday, 2:00 - 3:30 p.m.
(206) 230-0166 (leave message)

Parkinson's Caregivers Group

Community Center at Mercer View,
8236 SE 24th St, Mercer Island 98040
2nd Thursday, 1:30 – 3:30 p.m.
(206) 230-0166 (leave message)

Redmond

Emerald Heights
10901 176th Cir NE, Redmond 98052
3rd Thursday, 1:30 p.m.
(425) 556-8140

STROKE (CVA)

American Heart Association

Website: www.americanheart.org

American Stroke Association

Website: www.strokeassociation.org

Call for information, locations and meeting times - (206) 632-6881

Northshore Stroke Club

Northshore Senior Center
10201 E. Riverside Drive, Bothell 98011
Last Monday, 12:30 - 1:30 p.m.
(425) 486-4564

Stroke/Aphasia Support Group

Website: www.aphasia.org

1407 116th Ave NE #106, Bellevue 98004
Wednesday - 10:00 a.m. and 1:30 p.m.
Focus on aphasia \$10 per person
(425) 688-5904

STROKE (CVA) - Continued

Eastside Stroke Support Group

St. Andrews Lutheran Church
2650 148th Ave SE, Bellevue 98007
1st, 2nd, and 3rd Monday, 1:00 - 2:30 p.m.
(425) 746-8396

North Bend

Mt Si Senior Center
411 Main Ave S, North Bend 98045
2nd and 4th Tuesday, 10:15 - 11:30 a.m.
(425) 888-3434

VISION / LOW VISION

Mercer Island - Low Vision Support Group

Community Center at Mercer View,
8236 SE 24th St, Mercer Island 98040
4th Thursday, 1:30 - 3:00 p.m.
(206) 230-0166

A comprehensive listing of support groups in the Seattle region is offered by Senior Services on their website at: www.seniorservices.org/sw/searchpub3.asp

Although this guide is updated periodically, information changes frequently. If you are aware of any changes that need to be made or support groups that are not listed, please send information to:

Support Group Information Update
c/o Senior Care
Overlake Hospital Medical Center
1035 - 116th Avenue N.E.
Bellevue, Washington 98004

E-mail: seniorcare@overlakehospital.org

Telephone: (425) 688-5800