

# Stay Connected Through Our *On-Line Support Group Meetings*



You may not be able to attend groups in person right now, but the connection is still very important.

Beginning in April, Alzheimer's and Dementia Services of Northern Indiana will be hosting free, on-line support group sessions.

All you need is a computer and an email address. You don't have to have a camera on your computer, but if you do, that's great!

For those without a computer, you can also dial in on your phone and listen in like a conference call.

There will be professionally trained support group facilitators on hand, to foster productive conversations.

1st and 3rd Thursday of each month at  
10 AM and 2 PM  
Eastern Time

Call to register and receive your  
log in information:  
888-303-0180

[or click here to register](#)

You can participate in one or all four meetings each month. It's totally up to you and your needs.