

Please contact our offices if you are interested in attending one of our Early Stage Support Groups in Marin or Sonoma County:

San Rafael Office

4340 Redwood Highway,
Suite D-314
San Rafael, CA 94903
1.415.472.4340

Santa Rosa Office

1211 N. Dutton Avenue,
Suite A
Santa Rosa, CA 95401
1.707.573.1210

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"We have a safe place to talk about ourselves and everything is confidential."

- Early Stage Alzheimer's Participant

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THE BRAINS BEHIND SAVING YOURS.™

Our Mission: To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

**24/7 Helpline, Information
and Referrals:
1.800.272.3900**

www.alz.org/norcal

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early stage memory loss support group



A program for persons in the early stages of Alzheimer's disease or a related disorder and their care partners

"We share and discuss the ever changing symptoms. Together we have gained the power to overcome the fear that memory loss presents."

about the early stage support group program

The Early Stage Memory Loss Support Group Program is for families facing the early stages of Alzheimer's disease or a related disorder. Caregivers and individuals with early stage symptoms meet concurrently in separate groups facilitated by experienced and knowledgeable professionals. During the 90-minute group sessions, information is shared about how to deal with the many practical issues that memory loss presents. Participants also learn how to cope with the various challenges and changes caused by progressive cognitive impairment and memory loss. The program is a peer support model and involves sharing of personal feelings and experiences.

Our early stage support group program is fee-based and operates year round, in revolving eight-week cycles.



"Being with others who are aware and share common challenges and feelings has helped me feel less socially isolated. In the outside world, I often feel alone; in this group we are not alone, we are together."

- Early Stage Alzheimer's Participant

"I can be who I am, not what I was. It is a great place to be where you are."

- Early Stage Alzheimer's Participant

san rafael support group facilitators



Marianne York

Marianne York, MSW, is a Licensed Clinical Social Worker who has worked in the field of mental health and aging for over four decades and in Marin County since 1989. Her awareness of the challenges facing families dealing with Alzheimer's disease grew from a direct experience with a close family member. She has carried this knowledge into her professional work in local retirement communities and adult day health care programs. She currently has a small private practice.

"The group gives me the power to face my fears."

- Early Stage Care Partner



Catherine Lee

Catherine Lee, PhD, Clinical Geropsychologist, has a private psychotherapy practice in the North Bay. She has taught mental health and aging classes in professional schools in the Bay Area. Dr. Lee has worked with Robin Yale on early stage issues at UCSF and works part-time at the over 60 clinics in Berkeley and East Oakland as a consulting psychologist. Since 1993, she has facilitated the Early Stage caregiver support group for the Alzheimer's Association in Marin County.

santa rosa support group facilitators

Laurie White

Laurie White, MSW, has been a dementia specialist for over 30 years. Laurie developed one of the first Early Stage programs in the country for the Alzheimer's Association in Michigan in 1989. She has facilitated the Santa Rosa group since 2007. As owner of Dementia Care Consulting, based in Santa Rosa, Laurie is a family consultant and dementia care trainer. She is one of the authors of *Understanding Difficult Behaviors* and co-author of *Moving a Relative with Memory Loss*.



Kris Hall

Kris Hall, MFT, a psychotherapist in private practice in Santa Rosa and Sebastopol, works both with people experiencing normal life transitions and those impacted by trauma. She has supervised therapists in training, was previously a counselor at Hospice of Petaluma, and is currently a consultant for practicing therapists. In her professional work with people who are caregiving for someone they love, Kris' draws on her own experience with her parents, each of whom developed dementia.



"We come to the group to see what we can do — not what we can't do."

- Early Stage Alzheimer's Participant