

Please contact our office if you are interested in attending our Early Stage Support Group:

Monterey Office
21 Lower Ragsdale Drive
Monterey, CA 93940
1.800.272.3900

alzheimer's  association®



“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.™

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is 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. Our vision is a world without Alzheimer's®.

**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.

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.



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

- Early Stage Care Partner

support group facilitators

Nan Heflin, LMFT



Nan Heflin is a licensed marriage and family therapist in private practice, working with older adults, and the families, friends and professionals who care for them. For over 20 years, Nan was a coordinator of Older Adult Services for the County of Marin. She has been an Early Stage group facilitator for the Alzheimer's Association since 1992. Nan has conducted trainings and workshops throughout the Bay Area on mental health, memory and aging. She brings a rich understanding of the challenges and gifts inherent in the aging process.

Wayne Lavengood, LCSW



Wayne Lavengood is a Licensed Clinical Social Worker who is retired as Manager of Outpatient Behavioral Health Services from Community Hospital of the Monterey Peninsula where he worked for 36 years and provided mental health services for older adults. His clinical work included evaluation and treatment of mental health disorders for inpatients and outpatients, facilitator of Alzheimer's support groups and education for public and health professionals on geriatric issues.

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