

HOW WE CAN HELP



Family Caregivers
of British Columbia

FAMILY CAREGIVERS OF BC

Virtual Caregiver Support Groups

- Find out more about our monthly support groups [here](#).

Newsletters

- Free quarterly **Caregiver Connection Newsletter** that is full of interesting and informative articles directly related to caregiving issues.
- Bi-weekly **Enews** with updates and resources related to caregiving.
- To subscribe, click [here](#).

Caregiver Learning Center

- We provide caregiver resources in the form of webinars, articles, tip sheets, flip books, short on-line courses and podcast episodes.
- Find more information [here](#).

ALZHEIMER SOCIETY OF B.C.

Alzheimer Society
BRITISH COLUMBIA

Caregiver Telephone Support Groups

- We offer tele-support groups for care partners to learn, laugh and help others through mutual understanding. For more information on the days/times and types of groups available, please call the First Link® Dementia Helpline at 1-800-936-6033.

Weekly Webinars

- See our list of upcoming and recorded webinars [here](#).

Newsletters

- **Connections**: Stories, resources, news, and updates for caregivers.
- **Insight**: Stories by and resources for people living with dementia.
- **First Link® Bulletin**: A listing of local support services and dementia education.

COVID-19 Resources

- We have created a catalogue of COVID-19 related resources for people living with dementia, caregivers, and health-care providers [here](#).

Family Caregivers of BC Caregiver Support Line

Monday, Wednesday & Friday from 8:30 a.m. - 4 p.m. and
Tuesday & Thursday from 8:30 a.m. - 7 p.m. at
1-877-520-3267

Find caregiver resources and support at
www.familycaregiversbc.ca

Alzheimer Society of B.C.'s First Link® Dementia Helpline

English: 1-800-936-6033 (9 a.m. to 8 p.m.)
Mandarin or Cantonese: 1-833-674-5007 (9 a.m. to 4 p.m.)
Punjabi: 1-833-674-5003 (9 a.m. to 4 p.m.)

Available Monday to Friday
www.alzheimerbc.org