



# How we can help

## FAMILY CAREGIVERS OF BC

### Virtual caregiver support groups

- Support Circle: Visitation restrictions in long-term care during COVID-19, last Wednesday of every month, 2-3:30 p.m.
- For information on how to register for a virtual support group, click [here](#).

### Webinars

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

### Newsletters

- **E-news:** Monthly newsletter featuring upcoming events and caregiving news.
- **Caregiver Connection:** Quarterly newsletter featuring informative articles relating to caregiving.
- To subscribe to the FCBC newsletters, click [here](#).

### COVID-19 Caregiver tips and resources

- For a list of information and resources available to caregivers, and information about COVID-19, click [here](#).

## ALZHEIMER SOCIETY OF B.C.

### 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. Visit our website at [www.alzheimerbc.ca](http://www.alzheimerbc.ca) for more information.



Family Caregivers  
of British Columbia

— Let us help —

Alzheimer Society  
BRITISH COLUMBIA

Family Caregivers of B.C.  
Caregiver Support Line

1-877-520-3267

Monday to Friday: 8:30 a.m. to 7 p.m.

[www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)

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.ca](http://www.alzheimerbc.ca)