

CALENDAR: OCTOBER 2025

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3/4
			Pulmonary Support Group (O-IP) HIATUS*	TBI Support Group (M-IP) 3:00 PM
				ON SATURDAY, 10/4 Parenting Together Support Group (IP-RPL Conference Room B)* 10:00 AM
6	7	8	9	10
				Chronic Pain Support Group (M-IP) 1:00 PM
13	14	15	16	17
FTD Support Group (O-IP) 1:00 PM			Stroke Support Group (M-IP) 11:00 AM	
20	21	22	23	24
Parkinson's Support Group (M/O-IP) 1:30 PM	Caregivers Support Group (M-IP) 1:00 PM			
27	28	29	30	31
Caregivers - Men's Only Support Group* (CG-IP) HIATUS*	(ALZ/DEM) Support Group* (CG-IP) 5:30 PM			



You can also reach us by email at courtney.armstrong@kadlec.org or knrc@kadlec.org

*PLEASE NOTE:

ALZ/DEM Caregiver Support Group meets at Callaway Gardens, 5505 W. Skagit Ct., Kennewick. Please call Callaway Gardens to confirm your attendance at (509) 783-5433 as light refreshments will be served.

NEW: Parenting Together Support Group meets on Saturday at 10AM at the Richland Public Library in Conference Room B. Email for more information at knrc@kadlec.org.

HEALTHPLEX SUPPORT GROUPS 1268 LEE BLVD, RICHLAND WA

*ROOMS SUBJECT TO CHANGE

Caregivers (Maple Room)

3rd Tuesday, 1:00-2:30PM

Chronic Pain (Maple Room)

2nd Friday, 1:00-2:00PM

Frontotemporal Dementia Caregivers (FTD) (Oak Room)

2nd Monday, 1:00-2:00PM

Multiple Sclerosis (Oak Room*)

1st Tuesday, 2:00-3:00PM

Parkinson's Disease Support Group (Maple/Oak Room)

3rd Monday, 1:30-2:30PM

Pulmonary Disorders (Oak Room) *On hiatus, in search of support group leader

1st Thursday, 10:00-11:00AM

Stroke (Maple Room)

3rd Thursday, 11:00AM-12:00PM

Traumatic Brain Injury (TBI) (Maple Room)

1st Friday, 3:00-4:00PM

CALENDAR ABBREVIATIONS:

ALZ/DEM: Alzheimer's & Dementia

CG: Callaway Gardens

FTD: Frontotemporal Dementia

IP: In-Person

M: Maple Room at Healthplex

MS: Multiple Sclerosis

O: Oak Room at Healthplex

RPL: Richland Public Library

S: Sycamore Room at Healthplex

TBI: Traumatic Brain Injury

OFFSITE SUPPORT GROUPS

Alzheimer's/Dementia Caregivers
at Callaway Gardens, 5505 Skagit Ct, Kennewick
RSVP required, call 509-783-5433 to attend

- ▶ 4th Tuesday, 5:30-7:00PM
- ▶ **For Men Only:** Currently on hold, ask for details

Parenting Together Support Group
Richland Public Library, Conference Room B
Once a month, on TBD Saturday at 10:00 AM

For parents caring for a child or children with challenging medical conditions