

# support group purpose & goals

To gather in a safe, supportive,  
caring, and understanding  
environment

To learn more about dementia and  
about helpful resources

To share our caregiving  
experiences, wisdom, and  
encouragement

To express our thoughts  
and feelings

To learn skills and strategies for  
self-care

To help each other through the  
caregiving process

alzheimer's  association™

the compassion to care, the leadership to conquer

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## **California Central Coast Chapter**

[www.centralcoastalz.org](http://www.centralcoastalz.org)

Email: [info@centralcoastalz.org](mailto:info@centralcoastalz.org)

## **Alzheimer's Association San Luis Obispo County Office**

3480 S. Higuera St., Suite 120

San Luis Obispo, CA 93401

(805) 547-3830

Fax: (805) 784-9400

If you have any questions or concerns  
about a support group, please call the  
contact listed for each group or call the  
Alzheimer's Association Office.

All affiliated support groups facilitators  
receive training from the California Central  
Coast Chapter of the Alzheimer's  
Association regularly.

We'd love to hear from you!  
Your feedback is extremely valuable to us  
as it helps us plan and shape services to  
meet our community's needs.

**24 Hour Helpline - 800-272-3900**

alzheimer's  association™  
**support groups**

San Luis Obispo County



**California Central Coast Chapter**  
San Luis Obispo County Office  
[www.CentralCoastAlz.org](http://www.CentralCoastAlz.org)

# meetings in san luis obispo county

## ARROYO GRANDE

### **General Interest (open to all)**

First United Methodist Church  
275 Halcyon Road  
2nd Wednesday  
1:00-2:30 p.m.

Facilitator Jessica Mezzapesa  
(805) 547.3830  
Call Amity House Adult Day Program in  
advance to arrange for respite.  
(805) 489.8894

### **Adult Children of Aging Parents**

First United Methodist Church  
275 Halcyon Road  
3rd Friday  
1:00-2:30 p.m.

Facilitator Tara Storke  
(805) 455.8342  
Call Amity House Adult Day Program in  
advance to arrange for respite.  
(805) 489.8894

## ATASCADERO

### **General Interest (open to all)**

Paradise Valley Care  
9525 Gallina Ct.  
1st Wednesday  
1:00-2:30 p.m.

Facilitators Sharon Molloy and Katie Vrajich  
Call for respite availability  
(805) 461.8831  
*Co-sponsored with Paradise Valley Care and  
Senior Helpers*

## CAMBRIA

### **General Interest (open to all)**

St. Paul's Episcopal Church  
Library  
2700 Eton Road  
1st & 3rd Thursdays  
9:30-11:00 a.m.

Facilitator Gay Blundell  
(805) 927.3999 or 927.3239  
Call CARES for respite. (805) 927.4290  
*Co-sponsored by Cambria CARES*

## LOS OSOS

### **General Interest (open to all)**

First Baptist Church  
1900 Los Osos Valley Road  
3rd Thursday  
1:00-2:30 p.m.

Facilitator Alyce Crawford (805) 534.9234  
On-site respite is provided.  
*Co-sponsored with Coast Caregiver  
Resource Center (a program of Cottage  
Rehabilitation Hospital)*

## PASO ROBLES

### **General Interest (open to all)**

Emeritus at Creston Village  
1919 Creston Rd.  
2nd Tuesday  
5:30-7:00 p.m.

Facilitator Elana Peters  
(805) 975.8270

## SAN LUIS OBISPO

### **Early Stage Support Groups for caregivers AND their loved ones with Memory Loss**

1st & 3rd Tuesdays  
10:00-11:30 a.m.

Call Alzheimer's Association (805) 547.3830  
Facilitators Alyce Crawford and Sara Bartlett  
*Co-sponsored with Coast Caregiver  
Resource Center (a program of Cottage  
Rehabilitation Hospital)*

### **Caregivers (Early Stage)**

Alzheimer's Association Office  
3480 So. Higuera, Ste. 120  
4<sup>th</sup> Tuesday  
10:00-11:30 a.m.  
Facilitators Sara Bartlett and  
Jessica Mezzapesa (805) 547.3830

### **General Interest (open to all)**

First Baptist Church  
2075 Johnson Avenue  
3rd Wednesday  
1:00-2:30 p.m.  
Facilitator Jessica Mezzapesa (805) 547.3830  
On-site respite is provided.

## TEMPLETON

### **General Interest (open to all)**

Rabobank  
1025 Las Tablas Road  
4th Friday  
1:00-2:30 p.m.  
Facilitator Elana Peters (805) 975.8270  
Call Community Action Partnership Adult  
Day Services to arrange for respite care.  
(805) 434.2081  
*Co-sponsored with CAP Adult Day Services*