

**California Central Coast Chapter
San Luis Obispo County Regional Office**
3480 South Higuera Street, Suite 120
San Luis Obispo, CA 93401

1 (800) 272-3900
www.alz.org

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

Adult Children of Aging Parents

First United Methodist Church
275 Halcyon Road
3rd Friday; Noon – 1:30 p.m.
Facilitator Tara Storke (805) 455-8342
(805) 489-8894

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 p.m.
Facilitator Elana Peters (805) 975-8270

TEMPLETON

General Interest (open to all)

Rabobank
1025 Las Tablas Road
4th Friday; 1 – 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

CAMBRIA

General Interest (open to all)

St. Paul's Episcopal Church
Library, 2700 Eton Road
1st & 3rd Thursdays; 10 – 11:30 a.m.
Facilitator Gay Blundell
(805) 927-3999 or 927-3239
Call CARES for respite. (805) 927-4290
Co-sponsored by Cambria CARES

SAN LUIS OBISPO

Early Stage Support Groups for Caregivers AND their Loved Ones

1st & 3rd Tuesdays; 10 – 11:30 a.m.
Call Alzheimer's Association
(805) 547-3830
Facilitators Alyce Crawford & Sara Bartlett
*Co-sponsored with Coast Caregiver
Resource Center (a program of Cottage
Rehabilitation Hospital)*

Adult Children of Aging Parents

The Village at Sydney Creek
1234 Laurel Lane
2nd Wednesday; 5:30 – 7 p.m.
Facilitator Wynette Winkler
(805) 570-3836

General Interest (open to all)

First Baptist Church
2075 Johnson Avenue
3rd Wednesday; 1 – 2:30 p.m.
Facilitator Jessica Mezzapesa
(805) 547-3830

All Support Groups are confidential and offered at no charge.