

# IN-PERSON SUPPORT GROUPS

Presented by the Alzheimer's Association

REGISTER: 1-800-272-3900



## SAN LUIS OBISPO COUNTY

### **2nd Mondays, 3:30-5PM**

Cambria Connection

1075 Main St., Cambria 93428

### **2nd Tuesdays, 10-11:30AM**

*In partnership with CCRC*

Morro Bay Community Center

1001 Kennedy Way, Morro Bay 93442

### **2nd Tuesday, 3:30-4:30 PM**

Atascadero Library

6555 Capistrano Ave, Atascadero

### **2nd Wednesdays,**

### **10-11:30AM AND 1-2:30PM**

Grace Bible Church

100 Rodeo Drive., Arroyo Grande 93420

### **3rd Fridays, 1-2:30PM**

American Riviera Bank

1601 Spring St., Paso Robles 93446

*Respite available via CAPSLO Adult Day Center*

*Call in advance: 805-239-5679*

### **3rd Tuesday [Dec. ONLY], 10-11:30AM**

Costal Peaks Coffee Shop

3566 S. Higuera St., Suite 100, SLO 93401

*For Spouse Caregivers*

### **4th Wednesdays, 1-2:30PM**

Unitarian Universalist Church

2201 Lawton Ave., San Luis Obispo 93401

*For Early Stage Caregivers*

### **4th Thursdays, 2-3:30PM**

The Oaks of Nipomo

177 Mary Ave., Nipomo 93444

## SANTA BARBARA COUNTY

### **1st Mondays, 11AM-12PM**

Dick DeWees Senior Center

1120 W. Ocean Ave, Lompoc

*In Partnership With CCRC*

*Respite available with advance registration*

### **1st & 3rd Tuesdays, 2-3PM**

Friendship Center

83 Eucalyptus Lane, Santa Barbara 93108

*Respite Available (Currently closed to new attendees)*

### **1st & 3rd Tuesdays, 5-6:30PM**

Sansum Clinic-3<sup>rd</sup> Floor Conference Room

215 Pesetas Ln., Santa Barbara 93110

*1<sup>st</sup> Tues Support Group: with Debbi Brown*

*3<sup>rd</sup> Tues Education Mtg: with Luciana Mitzkun*

### **2nd & 4th Thursdays 10-11:30AM**

Heritage House

5200 Hollister Ave., Santa Barbara 93111

### **2nd & 4th Mondays, 3-4:30PM**

San Vicente

340 Old Mill Road, Santa Barbara 93110

### **2nd Tuesdays, 3-4PM**

Maravilla Senior Living Center

5486 Calle Real, Santa Barbara 93111

### **2nd & 4th Thursdays, 10:30am-12PM**

Carpinteria Library

5141 Carpinteria Ave, Carpinteria 93013

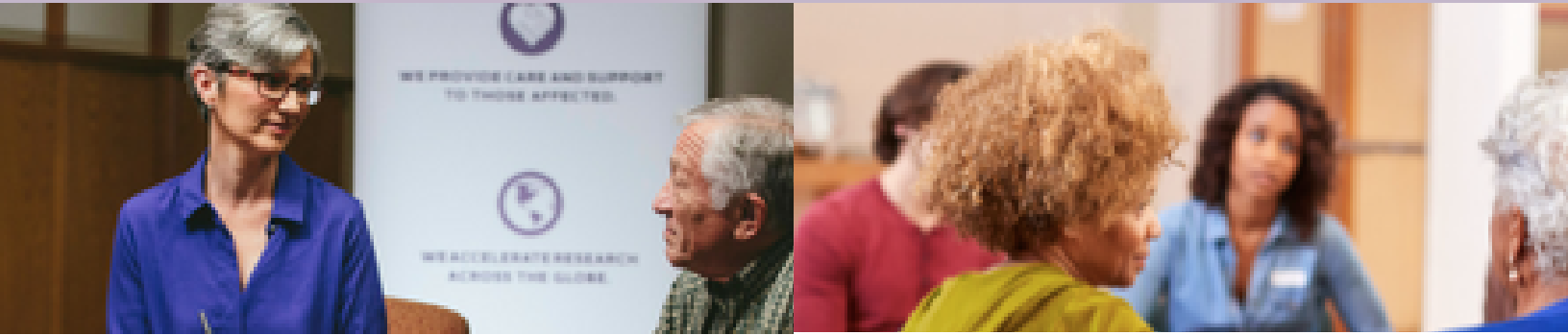
### **3rd Tuesday [Dec. ONLY] 3-4:00PM**

Santa Maria Wisdom Center

2255 S. Depot Street, Santa Maria 93455

# ONLINE SUPPORT GROUPS

Presented by the Alzheimer's Association



**TO REGISTER:**  
**[www.ALZ.ORG/CRF](http://www.ALZ.ORG/CRF)**  
**CALL OUR 24/7 HELPLINE:**  
**800.272.3900.**

*Online meetings via Zoom.*

*Registration required to receive login info.*

## **MONTHLY GROUPS FOR FAMILY & FRIEND CAREGIVERS**

**Every Wednesday, 2:30-4PM**

Facilitator: Valeria M.

(in partnership with Senior Concerns)

**Every 2nd & 4th Thursday 4-5:30PM**

Facilitator: Brenda Birdwell (in partnership with CCRC)

**2nd Friday, 2:30-4PM**

Facilitator: Dina O

(in partnership with CCRC)

**2nd & 4th Fridays, 10-11:30AM**

Facilitator: Elizabeth G.

(in partnership with Senior Concerns)

*\*1st & 3rd Fridays in-person\**

**3rd Thursday, 1-2:00PM**

Facilitator: Renee C.

(in partnership with CCRC)

**MONTHLY GROUPS FOR YOUNGER ONSET**  
**2nd Tuesday, 12-1:30PM**

**MONTHLY GROUPS FOR ADULT CHILD CAREGIVERS**

**1st & 3rd Thursdays, 9:30-11AM**

Facilitator: Samantha C

(in partnership with Senior Concerns)

**MONTHLY GROUPS FOR THOSE WITH MEMORY LOSS & CARE PARTNERS**

**1st, 2nd & 3rd Thursdays, 1-2:30PM**

Facilitator: Dr. Joe

**MONTHLY GROUPS FOR THOSE WHO HAVE LOST A LOVED ONE TO DEMENTIA**

**1st Mondays, 6-7:00PM**

Facilitator: Dr. Joe

**MONTHLY GROUP FOR CAREGIVERS OF THOSE WITH DOWN SYNDROME & ALZHEIMER'S/DEMENTIA**

**2nd Tuesdays, 10-11:30AM**

Facilitator: Laura D.

**GRUPO DE APOYO EN ESPAÑOL**

**2nd y 4th Sábado, 10-11:30AM**

Facilitator: Rosalyn R.



California Central  
Coast Chapter

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## SANTA BARBARA COUNTY

### 1st Mondays, 11AM-12PM

Dick DeWees Senior Center  
1120 W. Ocean Ave, Lompoc

### 1st & 3rd Tuesdays, 2-3PM

Friendship Center  
83 Eucalyptus Lane, Santa Barbara 93108

\*Respite available

This meeting is closed to public

### 1st Tuesday- Support Group

### 3rd Tuesday-Education, 5-6:30PM

Sutter Health  
215 Pesetas Lane, 3RD Floor Conference  
Room, Santa Barbara 93110

### 2nd & 4th Thursdays, 10-11:30AM

Heritage House  
5200 Hollister Ave Goleta 93111

### 2nd & 4th Mondays, 3-4:30PM

San Vicente  
340 Old Mill Road, Santa Barbara 93110

### 2nd Tuesdays, 3-4PM

Maravilla Senior Living  
5486 Calle Real, Santa Barbara 93111

### 2nd & 4th Thursdays, 10:30AM-12PM

Carpinteria Library  
5141 Carpinteria Ave, Carpinteria 93013

TO REGISTER OR LEARN MORE, PLEASE VISIT  
[ALZ.ORG/CRF](https://alz.org/crf) OR CALL OUR 24/7 HELPLINE:  
800.272.3900.

## MONTHLY ONLINE SUPPORT GROUPS

### 2nd Friday, 2:30-4PM

In partnership w/ CCRC

### Every Wednesday, 2:30-4PM

In partnership w/ Senior Concerns

## MONTHLY GROUPS FOR ADULT CHILD CAREGIVERS

### 1st & 3rd Thursdays, 9:30-11AM

In partnership w/ Senior Concerns

## MONTHLY GROUPS FOR THOSE WITH MEMORY LOSS & CARE PARTNERS

### 1st, 2nd & 3rd Thursdays, 1-2:30PM

## MONTHLY GROUPS FOR THOSE WHO HAVE LOST A LOVED ONE TO DEMENTIA

### 1st Monday, 6-7PM

## GRUPO DE APOYO EN ESPAÑOL

### 2nd y 4th Sábado, 10:00-11:30AM

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## VENTURA COUNTY

### 1st & 3rd Fridays, 10-11:30AM

Senior Concerns

401 Hodencamp Road, Thousand Oaks 91362

### 1st & 3rd Tuesdays, 5:30-7PM

Aegis of Ventura

4964 Telephone Road, Ventura 93003

### 1st & 3rd Tuesdays, 2-3PM

### 2nd & 4th Tuesdays, 6:30-7:30pm

Covenant of Grace Church

1801 Joliet Place, Oxnard 93030

### 1st & 3rd Thursdays, 10:30-12PM

Simi Valley Senior Center

3900 Avenida Simi, Simi Valley 93063

### 1st & 3rd Fridays, 9:30-11:00AM

Goebel Adult Community Center

1385 E Janss Road, Thousand Oaks

### 1st & 3rd Mondays, 1-2:30PM

LGBT+ Caregiver

Goebel Adult Community Center

1385 E Janss Road, Thousand Oaks

### 1st & 3rd Wednesdays, 1-2:30PM

Rancho Santa Paula

500 W Santa Maria Street, Santa Paula 93060

### 2nd Saturdays, 10-11:30AM

Laurel Heights

13960 Peach Tree Hill Road, Moorpark 93021

### 2nd & 4th Saturdays, 10-11:30AM

Sunrise of Westlake Village

3101 Townsgate Road, Thousand Oaks 91362

### 2nd & 4th Wednesdays, 9:30-11AM

Cypress Place

1200 Cypress Point Lane, Ventura 93003

### 2nd & 4th Mondays, 10-11:30AM

Gables of Ojai

701 Montgomery Street, Ojai 93023

### 2nd & 4th Fridays, 11AM-12:30PM

Oakmont of Camarillo

305 Davenport St, Camarillo 93012

## MONTHLY ONLINE SUPPORT GROUPS

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### 2nd & 4th Fridays, 10-11:30AM

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## MONTHLY GROUPS FOR ADULT CHILD CAREGIVERS

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### 2nd y 4th Sábado, 10:00-11:30AM