

# PLEASE JOIN US

## Education Classes

### LOS ANGELES COUNTY, JANUARY 2026

#### IN-PERSON ENGLISH CLASSES

All Classes are PDT

##### 10 Warning Signs of Alzheimer's and Dementia

Thursday, January 22, 12:30-1:30 p.m. | [Manhattan Beach](#)

##### Healthy Living for Your Brain and Body

Monday, January 12, 12-1 p.m. | [Westchester](#)

Monday, January 12, 12-1 p.m. | [Los Angeles](#)

Wednesday, January 21, 2-3 p.m. | [Pasadena](#)

Wednesday, January 21, 1:30-2:30 p.m. | [Culver City](#)

Tuesday, January 27, 6:30-7:30 p.m. | [Culver City](#)

Wednesday, January, 28, 10-11 a.m. | [San Dimas](#)

##### Understanding Alzheimer's and Dementia

Monday, January 26, 2-3 p.m. | [Los Angeles](#)



#### ON-DEMAND EDUCATION

##### Understanding and Responding to Dementia-Related Behavior

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively.

##### Transitions in Care

Moving a loved one with dementia into a long-term care community can be emotionally challenging. This program offers tips and support to help caregivers assess needs, explore options, understand coverage and stay involved after the move.

##### Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available, and Alzheimer's Association resources. Closed Captioning (CC) available.

#### Brain Health Habit Builder

ALZHEIMER'S ASSOCIATION®

#### Try the Brain Health Habit Builder!

A new, free tool that helps individuals review their habits and create a personalized plan in minutes.

Click [HERE](#)

TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT [ALZ.ORG/CRF](#)

# ALZHEIMER'S ASSOCIATION®

For more on-demand, recorded classes, please visit [alz.org/education](#)

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# Support Groups and Early Stage Engagement

## LOS ANGELES COUNTY, JANUARY 2026

### In Person Caregiver Groups

2nd Tuesday, 7-9 p.m. (Claremont)

2nd Tuesday, 7-8:30 p.m. (Westwood)

2nd Tuesday, 6:30-8 p.m. (Santa Clarita)

3rd Tuesday, 10-11:30 a.m. (Pasadena)

3rd Tuesday, 10 a.m.-12 p.m. (Claremont)

3rd Tuesday, 6:30-8:00 p.m. (Encino)

4th Tuesday, 10-11 a.m. (Antelope Valley)

3rd Saturday, 10-11:30 a.m. (Woodland Hills)

3rd Sunday, 4:30-6 p.m. (Culver City)

### Virtual Caregiver Support Groups

1st and 3rd Mondays, 5:30-7p.m.

3rd Saturday, 10-11:30 a.m.

Weekly, every Thursday, 10-11:30 a.m.

### Español

Grupo de Apoyo Telefónico para Cuidadores 2do y 4to martes de cada mes, 1-2:30 p.m.

### Mandarin Caregiver Support Group

3rd Sunday, 6:30-8 p.m.

### Young Adults 20's - 30's

1st Monday, 7:30-9 p.m.

### Younger Onset

2nd Tuesday, 12-1:30 p.m.

### LGBTQ+

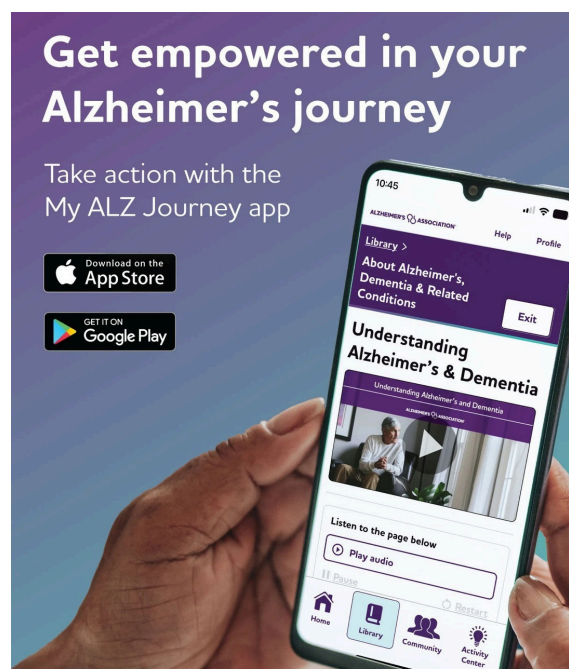
2nd and 4th Thursdays, 12-1:30 p.m.

### Early Stage Engagement Virtual

#### Coffee and Conversations

Tuesday, January 13 and 27, 10-11:30 a.m.

Connect with like individuals and care partners, to discuss current events and a variety of topics.

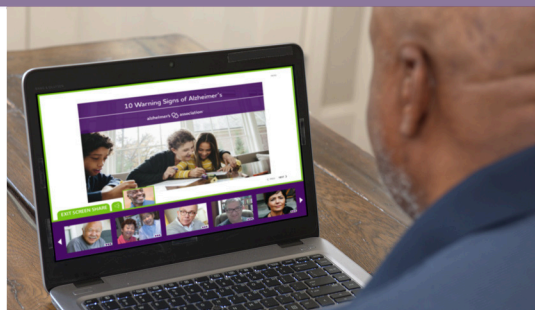


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ALZHEIMER'S  ASSOCIATION®



# ONLINE EDUCATION YOU CAN TRUST



The Alzheimer's Association® offers free online education programs on Alzheimer's disease, caregiving and living with the disease—flexible, accessible and supportive resources to keep you connected and informed wherever you are.

## PROGRAMS FOR CAREGIVERS

### The Empowered Caregiver - COMING SOON

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Topics include tips for understanding key aspects of caregiving, supporting independence, communicating effectively, responding to dementia-related behaviors and exploring care and support services.

### Managing Money: A Caregiver's Guide to Finances *Available in Spanish and with Closed Captioning (CC).*

Learn about the costs of caregiving and the benefits of early financial and legal planning.

### Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

### Transitions in Care *Available with Closed Captioning (CC).*

Moving a loved one with dementia into a long-term care community can be emotionally challenging. This program offers tips and support to help caregivers assess needs, explore options, understand coverage and stay involved.

### Living with Alzheimer's: For Caregivers - Early Stage

Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

## ABOUT ALZHEIMER'S DISEASE

### 10 Warning Signs of Alzheimer's *Available in Spanish and with Closed Captioning (CC).*

Recognize common warning signs of Alzheimer's and learn what symptoms to look for in yourself and others.

### Understanding Alzheimer's and Dementia *Available in Spanish and with Closed Captioning (CC).*

Learn about the difference between Alzheimer's and dementia, stages, risk factors and more.

## PROGRAMS FOR PEOPLE LIVING WITH ALZHEIMER'S

### Living with Alzheimer's: For People with Alzheimer's

Learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

### Living with Alzheimer's: For Younger-Onset Alzheimer's

Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do to ease the impact throughout the course of the disease.

Visit [alz.org/educationtoregister](https://alz.org/educationtoregister)  
for an online course.

