

ONLINE SUPPORT GROUPS

Presented by the Alzheimer's Association®



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

*Online meetings via Zoom or Google Meet.
Registration required to receive login information.*

MONTHLY GROUPS FOR FAMILY & FRIEND CAREGIVERS

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)

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)

MONTHLY GROUPS FOR YOUNGER ONSET

2nd Tuesday, 12-1:30PM

Facilitator: Email ywyte@alz.org for more info.

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 GROUP FOR THOSE WHO HAVE LOST A LOVED ONE TO DEMENTIA

1st Monday, 6-7PM

Facilitator: Jackie Marston

Caregivers of those with Down Syndrome & Alzheimer's/Dementia

2nd Tuesdays

10:00AM-11:30AM

Facilitator: Laura D.



**California Central
Coast Chapter**

IN-PERSON SUPPORT GROUPS

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**ALZHEIMER'S
ASSOCIATION**
California Central
Coast Chapter



SAN LUIS OBISPO COUNTY

2nd Mondays, 3:30-5PM

Cambria Connection

1075 Main St., Cambria 93428

2nd Tuesdays, 10:00-11:30AM

(in partnership with CCRC)

Morro Bay Community Center

1001 Kennedy Way, Morro Bay 93442

2nd & 4th Tuesdays, 2-3PM

Anticipatory Grief & Dementia

Hospice of SLO

1304 Pacific Street, SLO 93401

Registration required through Hospice of SLO:

hospiceslo.org/support-groups or 805.544.2266

2nd Wednesdays, 10-11:30AM

Grace Bible Church

100 Rodeo Dr., Arroyo Grande 93420

2nd Wednesdays, 1-2:30PM

Grace Bible Church

100 Rodeo Dr., Arroyo Grande 93420

Hybrid: also available via Zoom

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

4th Tuesdays, 10-11:30AM

Coastal Peaks Coffee Shop

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

For Spouse Caregivers

4th Thursdays, 2-3:30PM

The Oaks of Nipomo

177 Mary Ave., Nipomo 93444

4th Wednesdays, 1-2:30PM

Unitarian Universalist Church

2201 Lawton Ave., San Luis Obispo 93401

For Early Stage Caregivers

SANTA BARBARA COUNTY

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—3rd Floor Conference Room

215 Pesetas Lane, Santa Barbara 93110

1st Tues Support Group: with Celeste Hwang

3rd Tues Education Mtg: with Luciana Mitzkun

2nd & 4th Mondays, 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

5486 Calle Real, Santa Barbara 93111

2nd & 4th Thursdays,

Carpinteria Library, 10:30-12pm

5141 Carpinteria Ave, Carpinteria 93013

3rd Tuesdays, 4:30-6:00pm

Oak Cottage

1820 de La Vina, Santa Barbara 93101

4th Tuesdays, 3-4:00pm

Santa Maria Wisdom Center

2255 S. Depot Street, Santa Maria 93455

3rd Mondays, 10-11:00am

Santa Ynez Presbyterian Church-Fireside Room

1825 Alamo Pintado, Santa Ynez

Lauren Mahakian, Facilitator

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VENTURA COUNTY

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

Senior Concerns

401 Hodencamp Road, Thousand Oaks 91362

2nd & 4th Fridays virtual

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

Goebel Adult Center

1385 E Janss Road, Thousand Oaks 91362

For LGBT+ Caregivers

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

Aegis of Ventura

4964 Telephone Road, Ventura 93003

1st & 3rd Tuesdays, 2-3PM

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

Covenant of Grace Church

1801 Joliet Place, Oxnard 93030

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

Goebel Adult Center

1385 E Janss Road, Thousand Oaks 91362

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

Simi Valley Senior Center

3900 Avenida Simi, Simi Valley 93063

2nd Saturdays, 10-11:30AM

Laurel Heights

Available throughout San Luis Obispo, Santa Barbara and Ventura Counties. Pre-registration is encouraged.

1st & 3rd Wednesdays– 1-2:30pm

Rancho Santa Paula

500 W Santa Maria Street, Santa Paula 93060

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

Sunrise Senior Living of Westlake

3101 Townsgate Road, Thousand Oaks 91362

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

Cypress Place

1200 Cypress Point Lane, Ventura 93003

2nd & 4th Mondays, 10-11AM

Gables of Ojai

701 Montgomery Street, Ojai 93023

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

Oakmont of Camarillo

305 Davenport Street, Camarillo 93012

SEEKING VOLUNTEERS!

Join our volunteer orientation to learn more about available positions in your area.

Go to: <https://volunteer.alz.org/>

Or call your local office for more info!



**California Central
Coast Chapter**

**Alzheimer's Association 24/7
Helpline: 800.272.3900**

Call for free, around-the-clock help & the latest information.

Llame para obtener ayuda y informacion en español gratuita las 24 horas.