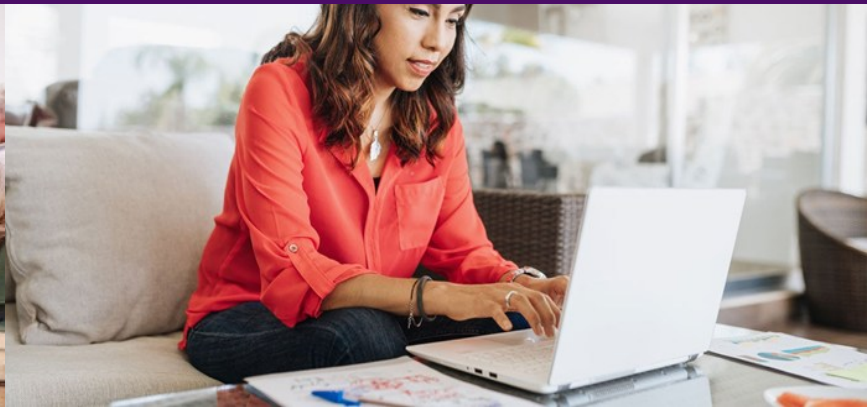


# CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association®



## **IN PERSON**

### **Caregiver Group La Mesa @ Journey Community Church**

Ongoing, 1st Tuesday of each month  
Time: 11:00 AM- 12:30 PM

### **Caregiver Group Mission Valley @ First United Methodist Church**

Ongoing, 3rd Thursday of each month  
Time: 11:30 AM- 1 PM

### **Caregiver Group Encinitas @ At Home Nursing Care**

Ongoing, 1st Wednesday of each month  
Time: 10:30 AM -12 PM

### **Caregiver Group La Jolla-Bird Rock @ Cheer Home Care**

Ongoing, 3rd Thursday of each month  
Time: 10:30 AM- 12:00 PM

## **IN PERSON**

### **Caregiver Group Del Mar @ Del Mar Community Connections**

Ongoing, 2nd & 4th Thursday of each month  
Time: 11:30 AM- 1 PM

### **Caregiver Group La Jolla @ Belmont Village Senior Living**

Ongoing, 2nd Wednesday of each month  
Time: 5:30– 6:30PM

### **Caregiver Group Lemon Grove @ Sungarden Terrace**

Ongoing, 2nd Tuesday of each month  
Time: 10:30 AM- 12 PM



To register for a support group, click [here](#), scan the QR below or call (800) 272-3900 24/7.



# CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association®



## IN PERSON

### Caregiver Group El Centro @ USA Imperial Health Group

Ongoing, 1st Wednesday of each month  
Time: 10-11:30 AM

## VIRTUAL

### Caregiver Group for Adult Children

Ongoing, 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of each  
month via Zoom & phone\*  
Time: 6-7:30 PM

\*Must register to receive log in information

## (ESPAÑOL)

### Grupo para Cuidadores— El Centro @ USA Imperial Health Group

Primer miércoles de cada mes  
Hora: 1-2:30PM

*\*\*These groups are for family and friends supporting a loved one with Alzheimer's disease or related dementia. For information on programs for professional caregivers or persons with Alzheimer's or dementia, please call 800.272.3900 —24/7*

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Para registrarse haga clic [aquí](#) o llame al (800) 272-3900 a cualquier hora.



San Diego / Imperial Chapter

