

# CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association®



## **IN PERSON**

### **Caregiver Group La Mesa**

Ongoing, 1st Tuesday of each month

Delivery method: In Person

Time: 11:00 AM- 12:30 PM

### **Caregiver Group Mission Valley**

Ongoing, 3rd Thursday of each month

Delivery method: In Person

Time: 11:30 AM- 1 PM

### **Caregiver Group Encinitas**

Ongoing, 1st Wednesday of each month

Delivery method: In Person

Time: 10:30 AM -12 PM

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

Ongoing, 3rd Thursday of each month

Delivery method: In Person

Time: 10:30 AM- 12:00 PM

## **IN PERSON**

### **Caregiver Group Del Mar**

Ongoing, 2nd & 4th Thursday of each month

Delivery method: In Person

Time: 11:30 AM- 1 PM

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

Ongoing, 2nd Wednesday of each month

Delivery method: In Person

Time: 5– 6 PM

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

Ongoing, 2nd Tuesday of each month

Delivery method: In Person

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.

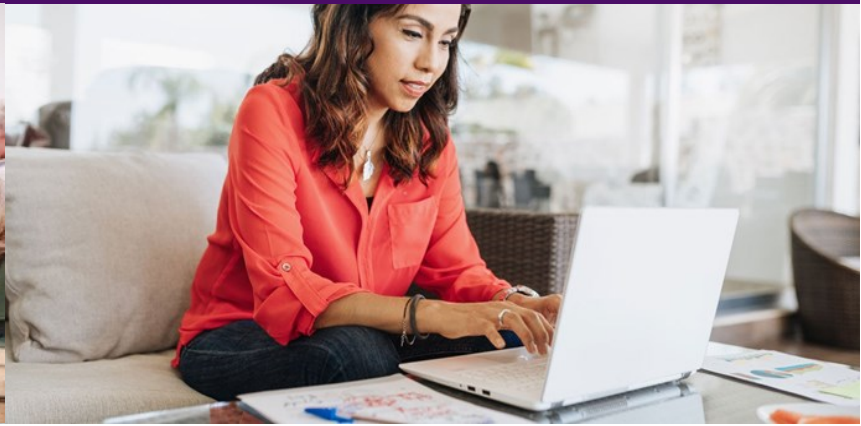


San Diego / Imperial Chapter



# CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association®



## IN PERSON

### Caregiver Group El Centro

Ongoing, 1st Wednesday of each month

Delivery method: In Person

Time: 10-11:30 AM

## (ESPAÑOL)

### Grupo para Cuidadores— El Centro

Primer miércoles de cada mes

Formato: En persona

Hora: 9-10 AM

## VIRTUAL

### Caregiver Group for Adult Children

Ongoing, 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of each month

Delivery method: Zoom & phone

Time: 6-7:30 PM

*\*\*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*

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

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



San Diego / Imperial Chapter

