

# IN-PERSON SUPPORT GROUPS

Presented by the Alzheimer's Association

REGISTER: 1-800-272-3900



## 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

### **4th Tuesdays, 3-4PM**

Santa Maria Wisdom Center  
2255 S. Depot St., Santa Maria 93455

**Register with 24/7 Helpline:**

**800.272.3900**

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

## KERN COUNTY

### **1st & 3rd Mondays, 12-1:00PM**

401 S. Mill St.  
Tehachapi, CA 93561

### **3rd Wednesdays, 1-2:00PM**

900 H St.  
Bakersfield, CA 93304

## MONTHLY ONLINE SUPPORT GROUPS

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

In partnership w/ CCRC

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

In partnership w/ Senior Concerns

### **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**

1-2:00pm for Persons with Dementia: Dr. Joe I.  
1-2:00pm for Caregivers: Debbie S.  
2-3:00pm for Persons with Dementia: Dr. Joe I.

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

1st Mondays, 6-7PM

### **GRUPO DE APOYO EN ESPAÑOL**

2nd y 4th Sábados, 10:00-11:30AM