

IN-PERSON SUPPORT GROUPS

Presented by the Alzheimer's Association



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

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

MONTHLY ONLINE SUPPORT GROUPS

2nd Friday, 2:30-4PM

In partnership w/ CCRC

Every Wednesday, 2:30-4PM

In partnership w/ Senior Concerns

MONTHLY GROUPS FOR ADULT CHILD CAREGIVERS

3rd & 5th Thursdays, 9:30-11AM (Jan. only!)

In partnership w/ Senior Concerns

MONTHLY GROUPS FOR THOSE WITH MEMORY LOSS & CARE PARTNERS

1st, 2nd & 3rd Thursdays, 1:00-3:00PM

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

1st Monday, 6-7PM

GRUPO DE APOYO EN ESPAÑOL

2nd y 4th Sábado, 10:00-11:30AM

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REGISTER: 1-800-272-3900



SAN LUIS OBISPO COUNTY

2nd Mondays, 3:30-5PM

Cambria Connection

1075 Main St., Cambria 93428

2nd Tuesdays, 10-11:30AM

In partnership with CCRC

Morro Bay Community Center

1001 Kennedy Way, Morro Bay 93442

2nd Tuesday, 3:30-4:30 PM

Atascadero Library

6555 Capistrano Ave, Atascadero

2nd Wednesdays,

10-11:30AM AND 1-2:30PM

Grace Bible Church

100 Rodeo Drive., Arroyo Grande 93420

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 Tuesday, 10-11:30AM

Costal Peaks Coffee Shop

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

For Spouse Caregivers

4th Wednesdays, 1-2:30PM

Unitarian Universalist Church

2201 Lawton Ave., San Luis Obispo 93401

For Early Stage Caregivers

4th Thursdays, 2-3:30PM

The Oaks of Nipomo

177 Mary Ave., Nipomo 93444

SANTA BARBARA COUNTY

1st Mondays, 11AM-12PM

Dick DeWees Senior Center

1120 W. Ocean Ave, Lompoc

In Partnership With CCRC

Respite available with advance registration

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 Ln., Santa Barbara 93110

1st Tues Support Group: with Debbi Brown

3rd Tues Education Mtg: with Luciana Mitzkun

2nd & 4th Thursdays 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 Center

5486 Calle Real, Santa Barbara 93111

2nd & 4th Thursdays, 10:30am-12PM

Carpinteria Library

5141 Carpinteria Ave, Carpinteria 93013

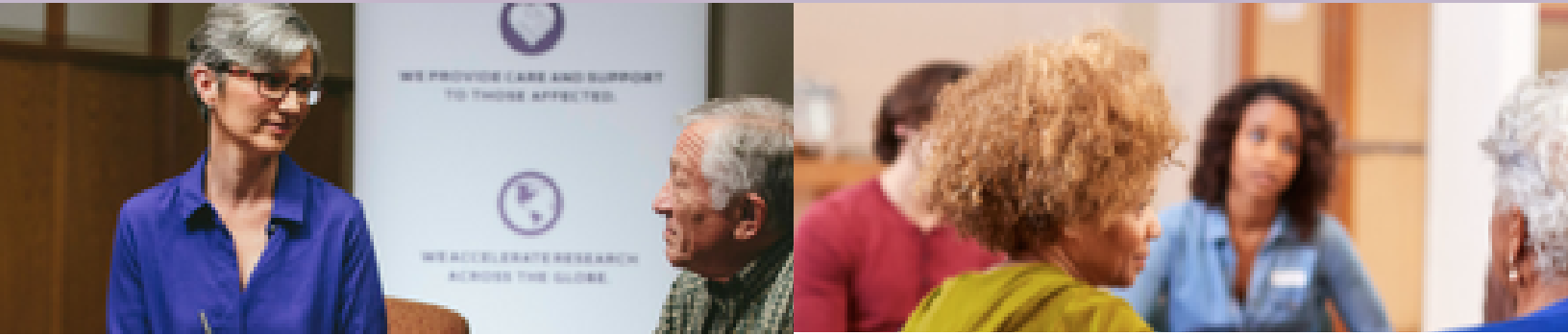
4th Tuesdays, 3-4:00PM

Santa Maria Wisdom Center

2255 S. Depot Street, Santa Maria 93455

ONLINE SUPPORT GROUPS

Presented by the Alzheimer's Association



TO REGISTER:
www.ALZ.ORG/CRF
CALL OUR 24/7 HELPLINE:
800.272.3900.

Online meetings via Zoom.

Registration required to receive login info.

MONTHLY GROUPS FOR FAMILY & FRIEND CAREGIVERS

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)

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)

MONTHLY GROUPS FOR YOUNGER ONSET

2nd Tuesday, 12-1:30PM

MONTHLY GROUPS FOR ADULT CHILD CAREGIVERS

3rd & 5th Thursdays, 9:30-11AM (January ONLY!)

Facilitator: Samantha C

(in partnership with Senior Concerns)

MONTHLY GROUPS FOR THOSE WITH MEMORY LOSS & CARE PARTNERS

1st, 2nd & 3rd Thursdays, 1:00-3:00PM

Facilitator: Dr. Joe

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

1st Mondays, 6-7:00PM

Facilitator: Dr. Joe

MONTHLY GROUP FOR CAREGIVERS OF THOSE WITH DOWN SYNDROME & ALZHEIMER'S/DEMENTIA

2nd Tuesdays, 10-11:30AM

Facilitator: Laura D.

GRUPO DE APOYO EN ESPAÑOL

2nd y 4th Sábado, 10-11:30AM

Facilitator: Rosalyn R.



California Central
Coast Chapter

IN-PERSON SUPPORT GROUPS

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VENTURA COUNTY

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

Senior Concerns

401 Hodencamp Road, Thousand Oaks 91362

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

Aegis of Ventura

4964 Telephone Road, Ventura 93003

1st & 3rd Tuesdays, 2-3PM

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

Covenant of Grace Church

1801 Joliet Place, Oxnard 93030

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

Simi Valley Senior Center

3900 Avenida Simi, Simi Valley 93063

1st & 3rd Fridays, 9:30-11:00AM

Goebel Adult Community Center

1385 E Janss Road, Thousand Oaks

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

LGBT+ Caregiver

Goebel Adult Community Center

1385 E Janss Road, Thousand Oaks

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

Rancho Santa Paula

500 W Santa Maria Street, Santa Paula 93060

2nd Saturdays, 10-11:30AM

Laurel Heights

13960 Peach Tree Hill Road, Moorpark 93021

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

Sunrise of Westlake Village

3101 Townsgate Road, Thousand Oaks 91362

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

Cypress Place

1200 Cypress Point Lane, Ventura 93003

2nd & 4th Mondays, 10-11:30AM

Gables of Ojai

701 Montgomery Street, Ojai 93023

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

Oakmont of Camarillo

305 Davenport St, Camarillo 93012

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