

# ONLINE SUPPORT GROUPS

Presented by the Alzheimer's Association



**TO REGISTER:**

**[www.ALZ.ORG/CRF](http://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 Wednesdays, 1-2:00PM**

Based in Ridgecrest, CA 93555

**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)

**Register with 24/7 Helpline:**

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## **MONTHLY GROUPS FOR YOUNGER ONSET**

**2nd Tuesday, 12-1:30PM**

## **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, 1:00-3:00PM**

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, 6-7:00PM**

Facilitator: Dr. Joe I.

## **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 Sábados, 10-11:30AM**

Facilitator: Rosalyn R.



California Central  
Coast Chapter