

# IN-PERSON SUPPORT GROUPS

Presented by the Alzheimer's Association

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 Tuesdays, 3:30-5:00 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 Tuesdays, 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-3<sup>rd</sup> Floor Conference Room  
215 Pesetas Ln., Santa Barbara 93110  
*1<sup>st</sup> Tues Support Group: with Debbi Brown*  
*3<sup>rd</sup> 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

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**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:**

**800.272.3900**

## **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/DEMENCIA**

**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