

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: 5:30– 6:30PM

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

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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: 1-2:30PM

VIRTUAL

Caregiver Group for Adult Children

Ongoing, 1st & 3rd 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.



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