

CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association®



IN PERSON

Caregiver Group La Mesa @ Journey Community Church

Ongoing, 1st Tuesday of each month
Time: 11:00 AM- 12:30 PM

Caregiver Group Mission Valley @ First United Methodist Church

Ongoing, 3rd Thursday of each month
Time: 11:30 AM- 1 PM

Caregiver Group Encinitas @ At Home Nursing Care

Ongoing, 1st Wednesday of each month
Time: 10:30 AM -12 PM

Caregiver Group La Jolla-Bird Rock @ Cheer Home Care

Ongoing, 3rd Thursday of each month
Time: 10:30 AM- 12:00 PM



IN PERSON

Caregiver Group Del Mar @ Del Mar Community Connections

Ongoing, 2nd & 4th Thursday of each month
Time: 11:30 AM- 1 PM

Caregiver Group La Jolla @ Belmont Village Senior Living

Ongoing, 2nd Wednesday of each month
Time: 5:30– 6:30PM

Caregiver Group Lemon Grove @ Sungarden Terrace

Ongoing, 2nd Tuesday of each month
Time: 10:30 AM- 12 PM

NEW! Caregiver Group San Marcos @ One Safe Place

Ongoing, 4th Tuesday of each month
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.



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IN PERSON

Caregiver Group El Centro @

USA Imperial Health Group

Ongoing, 1st Wednesday of each month

Time: 10-11:30 AM

(ESPAÑOL)

Grupo para Cuidadores– El Centro @

USA Imperial Health Group

Primer miércoles de cada mes

Hora: 1-2:30PM

VIRTUAL

Caregiver Group for Adult Children

Ongoing, 1st & 3rd Wednesday of each month via Zoom & phone*

Time: 6-7:30 PM

*Must register to receive log in information

***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.



San Diego / Imperial Chapter

