IN-PERSON SUPPORT GROUPS

Presented by the Alzheimer's Association **REGISTER: 1-800-272-3900**





SAN LUIS OBISPO COUNTY

2nd & 4th 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–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