

# ONLINE SUPPORT GROUPS

*Presented by the Alzheimer's Association®*



**TO REGISTER OR TO LEARN MORE:**  
**ALZ.ORG/CRF**  
**CALL: 24/7 HELPLINE:**  
**800.272.3900.**

## MONTHLY GROUPS FOR FAMILY & FRIEND CAREGIVERS

**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)

**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)

**MONTHLY GROUPS FOR YOUNGER ONSET**  
**2nd Tuesday, 12-1:30PM**



**California Central Coast Chapter**

*Online meetings via Zoom or Google Meet.  
Registration required to receive login information.*

## 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, 1-2:30PM**  
Facilitator: Dr. Joe

## MONTHLY GROUP FOR THOSE WHO HAVE LOST A LOVED ONE TO DEMENTIA

**1st Mondays, 6-7PM**  
Facilitator: Jackie Marston

## MONTHLY GROUP FOR CAREGIVERS OF THOSE WITH DOWN SYNDROME & ALZHEIMER'S/DEMENTIA

**2nd Tuesdays**  
**10:00AM-11:30AM**  
Facilitator: Laura D.

## GRUPO DE APOYO EN ESPAÑOL

**2nd y 4th Sabado, 10:00AM-11:30AM**  
Facilitator: Rosalyn R.

# IN-PERSON SUPPORT GROUPS

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## SAN LUIS OBISPO COUNTY

### 2nd Mondays, 3:30-5PM

Cambria Connection  
1075 Main St., Cambria 93428

### 2nd Tuesdays, 10:00-11:30AM

(in partnership with CCRC)  
Morro Bay Community Center  
1001 Kennedy Way, Morro Bay 93442

### 2nd Wednesdays, 10-11:30AM

Grace Bible Church  
100 Rodeo Dr., Arroyo Grande 93420

### 2nd Wednesdays, 1-2:30PM

Grace Bible Church  
100 Rodeo Dr., Arroyo Grande 93420  
*Hybrid: also available via Zoom*

### 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

Coastal Peaks Coffee Shop  
3566 S. Higuera St., Suite 100, SLO 93401  
*For Spouse Caregivers*

### 4th Thursdays, 2-3:30PM

The Oaks of Nipomo  
177 Mary Ave., Nipomo 93444

### 4th Wednesdays, 1-2:30PM

Unitarian Universalist Church  
2201 Lawton Ave., San Luis Obispo 93401  
*For Early Stage Caregivers*

## SANTA BARBARA COUNTY

### 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 Lane, 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

### 1st Mondays, 11AM-12:00PM

Lompoc Dick DeWees Senior Center  
1120 W. Ocean, Lompoc 93436

### 2nd Tuesdays, 3-4PM

Maravilla Senior Living  
5486 Calle Real, Santa Barbara 93111

### 2nd & 4th Thursdays,

Carpinteria Library, 10:30am-12pm  
5141 Carpinteria Ave, Carpinteria 93013

### 4th Tuesdays, 3-4:00pm

Santa Maria Wisdom Center  
2255 S. Depot Street, Santa Maria 93455

### 3rd Mondays, 10-11:00am

Santa Ynez Presbyterian Church-Fireside Room  
1825 Alamo Pintado, Santa Ynez

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## VENTURA COUNTY

### **1st & 3rd Fridays, 10-11:30AM**

Senior Concerns

401 Hodencamp Road, Thousand Oaks 91362

*\*2nd & 4th Fridays virtual\**

### **1st & 3rd Mondays, 1-2:30PM**

Goebel Adult Center

1385 E Janss Road, Thousand Oaks 91362

*For LGBT+ Caregivers*

### **1st & 3rd Tuesdays, 5:30-7PM**

Aegis of Ventura

4964 Telephone Road, Ventura 93003

### **1st & 3rd Tuesdays, 2-3PM**

### **2nd & 4th Tuesdays, 6:30-7:30pm**

Covenant of Grace Church

1801 Joliet Place, Oxnard 93030

### **1st & 3rd Fridays, 9:30-11AM**

Goebel Adult Center

1385 E Janss Road, Thousand Oaks 91362

### **1st & 3rd Thursdays, 10:30AM-12PM**

Simi Valley Senior Center

3900 Avenida Simi, Simi Valley 93063

### **2nd Saturdays, 10-11:30AM**

Laurel Heights

13960 Peach Hill Road

Moorpark, 93021

*Available throughout San Luis Obispo, Santa Barbara and Ventura Counties. Pre-registration is encouraged.*

### **1st & 3rd Wednesdays- 1-2:30pm**

Rancho Santa Paula

500 W Santa Maria Street, Santa Paula 93060

### **2nd & 4th Saturdays, 10-11:30am**

Sunrise Senior Living of Westlake

3101 Townsgate Road, Thousand Oaks 91362

### **2nd & 4th Wednesdays, 9:30-11AM**

Cypress Place

1200 Cypress Point Lane, Ventura 93003

### **2nd & 4th Mondays, 10-11AM**

Gables of Ojai

701 Montgomery Street, Ojai 93023

### **2nd & 4th Fridays, 11AM-12:30PM**

Oakmont of Camarillo

305 Davenport Street, Camarillo 93012

## SEEKING VOLUNTEERS!

Join our volunteer orientation to learn more about available positions in your area.

Go to: <https://volunteer.alz.org/>

Or call your local office for more info!



**California Central  
Coast Chapter**

**Alzheimer's Association 24/7  
Helpline: 800.272.3900**

Call for free, around-the-clock help & the latest information.

Llame para obtener ayuda y informacion en español gratuita las 24 horas.