

SUPPORT GROUPS

FOR THOSE AFFECTED BY DEMENTIA

Register at alz.org/CRF
or call **800.272.3900**

VIRTUAL SUPPORT GROUPS

These groups meet online via Zoom or Google Meet. Register in advance to receive login information.

Days each month	Time	Facilitator Information	Days each month	Time	Facilitator Information
Groups for Family Caregivers			Groups for Adult Child Caregivers		
2nd Monday	5:30 - 7pm	Tami P. / Agoura Hills	1st & 3rd Thursdays	9:30 - 11am	Radha S. / Thousand Oaks
2nd Wednesday	1 - 2:30pm	Jenny M. / Arroyo Grande	2nd Wednesday	5:30 - 7pm	Wynette W. / SLO
2nd & 4th Mondays	3 - 4:30pm	Karen A. / Santa Barbara	3rd Wednesday	7 - 8:30pm	Carrie S. / Thousand Oaks
2nd & 4th Thursdays	7 - 8:30pm	Amanda B. / Simi Valley	Groups for those with Memory Loss & their Care Partners		
2nd Friday	2:30 - 4pm	Dina O. / Oxnard	1st, 2nd, & 3rd Thursdays	1 - 2:30pm	Joan H. & Alene C. / Oxnard
3rd Wednesday	5:30 - 7pm	Jenny M. / Arroyo Grande	1st & 3rd Wednesdays	1 - 2pm	Jacqueline M. & Joe W. / Santa Barbara
3rd Thursday	1 - 2:30pm	Renee K. / SLO	Grupo de Apoyo en Español		
4th Wednesday	1 - 2:30pm	Joan H. / SLO	3er sábado	11 - 12:30pm	Sergio C. / Oxnard
Every Wednesday	2:30 - 4pm	Hannah H. / Thousand Oaks	<i>Para más información y para registrarse, llame al 805.696.8713 o 1.800.272.3900</i>		
Every Friday	9:30 - 11am	Radha S. / Thousand Oaks			
Groups for Younger Onset					
3rd Thursday	7 - 8:30pm	Deborah B. / Santa Barbara			

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IN-PERSON SUPPORT GROUPS

These groups meet in-person at locations throughout San Luis Obispo, Santa Barbara, and Ventura counties. COVID-19 safety guidelines may be in effect. Contact the facility directly to inquire.

Days each month	Time	Facilitator	Location
1st & 3rd Mondays	3:30 - 5pm	Dennis P.	Cambria Connection / 1075 Main Street, Cambria
1st Tuesday	5:30 - 7pm	Nabil R.	Aegis of Ventura / 4964 Telephone Road, Ventura
1st & 3rd Tuesdays	2 - 3pm	Maureen M.	Covenant of Grace Church / 1801 Joliet Place, Oxnard
1st & 3rd Thursdays	10:30 - 12pm	Lisa K.	Simi Valley Senior Center / 3900 Avenida Simi, Simi Valley
1st & 3rd Fridays	9:30 - 11am	Petra O.	Goebel Senior Center / 1385 E Janss Road, Thousand Oaks
2nd & 4th Mondays	10 - 11am	Deidre D.	Gables of Ojai / 701 N Montgomery Street, Ojai
2nd Wednesday	1 - 2:30pm	Jenny M.	Grace Bible Church / 100 Rodeo Drive, Arroyo Grande
2nd & 4th Wednesdays	9:30 - 11am	Jordana L.	Cypress Place Senior Living / 1200 Cypress Point Lane, Ventura
2nd Saturday	10 - 11:30am	Mark S.	Meadowbrook Senior Living / 5217 Chesebro Road, Agoura Hills
2nd Saturday	11 - 12:30pm	Petra O.	Sunrise of Westlake / 3101 Townsgate Road, Thousand Oaks
3rd Tuesday	3 - 4:30pm	Deborah B.	Oak Cottage Memory Care / 1820 De La Vina Street, Santa Barbara
3rd Friday	1 - 2:30pm	Elana P.	America Riviera Bank / 1601 Spring Street, Paso Robles
4th Tuesday (for spouses)	10 - 11:30am	Charlene K.	Coastal Peaks Coffee Shop / 3566 S. Higuera, Suite 100, San Luis Obispo