

FREE SUPPORT GROUPS

alzheimer's  association®

Visit
alz.org/crf
or call
800.272.3900
to register

While the Alzheimer's Association continues to operate remotely, we are still here to for you, providing free support programs **via phone, computer or tablet**. Join a support group to connect with others, share practical tips, talk through issues, and learn about community resources.

(Groups are for family & friends supporting a loved one with Alzheimer's or related dementia.)

VIRTUAL CAREGIVER SUPPORT GROUPS

1st Tuesday each month at 2:30pm
Los Alamitos when in-person

1st & 3rd Wednesday each month at 10:00am
Mission Viejo when in-person

2nd Tuesday each month at 7:00pm
Brea when in-person

2nd & 4th Wednesday each month at 6:00pm
Huntington Beach when in-person

3rd Tuesday each month at 12:00pm
Irvine when in-person

Last Wednesday each month at 6:00pm
Garden Grove when in-person

LGBT+ Caregiver Group
Every 2nd & 4th Thursday at 10:30am
Los Angeles when in-person
Contact: 310.912.9120 or ywyte@alz.org

Younger-Onset Caregivers (diagnosed under 65)
3rd Thursday each month at 7:00pm
Always virtual

VIRTUAL GROUPS IN OTHER LANGUAGES

Vietnamese Support Group
3rd Thursday each month at 10:00am
Westminster when in-person
Contact: 949.288.6157

Spanish Support Group – Telephone Only
Every Tuesday at 1:00pm
Contact: Linda at 213.220.0713 or
lloera@alz.org

You are welcome to join any group virtually, even if it is not the group you might typically attend based on location. The cities listed are where the group usually meets when permitted to do so in-person.

Additional Online Support

Visit AlzConnected.org to join our free online message boards.

24/7 Helpline Support

Our expert staff is available anytime day or night to provide disease information, support and local resources. Call at 800.272.3900.

REGISTER BY VISITING ALZ.ORG/CRF OR CALLING **800.272.3900**



To visit your local chapter, go to alz.org/oc
or follow us @[endlzoc](https://twitter.com/endlzoc)

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