

CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association®



IN PERSON

Caregiver Group La Mesa

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

Caregiver Group Mission Valley

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

Caregiver Group Encinitas

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

Caregiver Group El Centro

Ongoing, 1st Wednesday of each month
Delivery method: In Person
Time: 10-11:30 AM

IN PERSON

Caregiver Group Del Mar

Ongoing, 2nd Thursday of each month
Delivery method: In Person
Time: 11:30 AM- 1 PM

Caregiver Group La Jolla

Ongoing, 4th Thursday of each month
Delivery method: In Person
Time: 11:00 AM- 12:30 PM

NEW! Caregiver Group Mission Valley

Ongoing, 4th Wednesday of each month
Delivery method: In Person
Time: 5:30 - 6:30 PM



To register for a support group, please click [here](#) 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

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SPANISH (ESPAÑOL)

Grupo para Cuidadores- South Bay

Segundo jueves de cada mes

Formato: En persona

Hora: 10:30-11:30 AM

VIRTUAL

Caregiver Group for Adult Children

Ongoing, 1st & 3rd Wednesday of each month

Delivery method: Zoom & phone

Time: 6-7:30 PM

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