

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 Del Cerro

Ongoing, 3rd Wednesday of each month
Delivery method: In Person
Time: 12:30 - 2:00 PM

Caregiver Group El Centro

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

IN PERSON

Caregiver Group Encinitas

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

Caregiver Group Del Mar

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

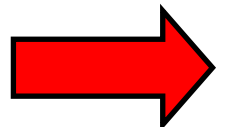
SPANISH (ESPAÑOL)

REGRESANDO EN ABRIL!

Grupo para Cuidadores- South Bay

Segundo jueves de cada mes
Formato: En persona
Hora: 10:30-11:30 AM

VIRTUAL



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

CAREGIVER SUPPORT GROUPS

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VIRTUAL

Caregiver Group for Adult Children

Ongoing, 1st & 3rd Wednesday of each month

Delivery method: Zoom & phone

Time: 6-7:30 PM

To register for a support group, please click [here](#) or call (800) 272-3900 24/7.



San Diego / Imperial Chapter