## December 2022

### JOIN US
**ONLINE EDUCATION PROGRAMS**

Presented by the Alzheimer’s Association®

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### Healthy Living for Your Brain and Body
Wednesday, December 14, 1-2 PM PST | [Register](#)

### 10 Warning Signs of Alzheimer’s
Tuesday, December 6, 11-12 PM PST | [Register](#)
Thursday, December 8, 9-10 AM PST | [Register](#)

### Understanding Alzheimer’s and Dementia
Wednesday, December 7, 5:30-6:30 PM PST | [Register](#)

### Effective Communication Strategies
Thursday, December 8, 3-4 PM PST | [Register](#)
Wednesday, December 21, 5:30-6:30 PM PST | [Register](#)

### Understanding and Responding to Dementia-Related Behaviors
Tuesday, December 13, 11-12:30 PM PST | [Register](#)
Thursday, December 22, 3-4 PM PST | [Register](#)

### Dementia Conversations
Tuesday, December 20, 11-12 PM PST | [Register](#)

### *New* Managing Money: A Caregiver’s Guide to Finances
Thursday, December 15, 5:30-6:45 PM PST | [Register](#)

### Caregiving and Planning for the Holidays

**Register Here**
Tuesday, December 13, 10-11 AM PST

Holidays are often filled with friends, family, and the sharing of new and old memories, but they can also bring sadness and added stress for caregivers and their families. This presentation will provide suggestions for caring for a loved one with dementia, caring for the caregiver, and rediscovering the simplicity of joy during the holidays.

**TUNE IN AT FACEBOOK.COM/SOCALZ**

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**Unforgettable**

“This heartfelt stage play will show the impact of caring for a loved one living with Alzheimer’s disease.”

**SATURDAY, JANUARY 14TH AT 5PM**

WILSHIRE EBELL THEATER - 4401 W 8TH ST. - LOS ANGELES, CALIFORNIA
Support Groups for Caregivers

First & Third Monday of the month, 5:30-7 PM PST
Every Tuesday of the month, 10-12 PM PST
Second, Third, & Fourth Wednesday, 10-12 PM PST
Every Thursday of the month, 9-12 PM PST
Second Thursday of the month, 2:30-4 PM PST
Second Thursday of the month, 5:30-6:30 PM PST
Fourth Thursday of the month, 6-7:30 PM PST
First Friday of the month, 9-10 AM PST
Third Saturday of the month, 10-11:30 AM PST

To join a support group, please call 800.272.3900

Younger Onset Caregiver Group
Second Tuesday of the month, 12-1:30 PM PST
To register, please contact Yael Wyte at ywyte@alz.org

Lewy Body Support Group
First Wednesday of the month at 10:30 AM PST
To register, please contact Yael Wyte at ywyte@alz.org

Young Adult Caregiver Support Group
Wednesday, November 9, 7 PM PST
To register, please contact Yael Wyte at ywyte@alz.org

Grupo de Apoyo en Español

Martes, 13 y 27 de diciembre, 1-2:30 PM PST
Para registrarse para el Grupo de Apoyo Telefónico, comuníquese con Linda Loera al (213) 220-0713 o lloera@alz.org.

Early Stage Social Engagement

Free virtual social activities to connect with others living with early memory loss.
Care partners welcome!

Coffee and Conversation
December 13 & 27 at 10-11:30 AM PST

Connect with like individuals and care partners, to discuss current events and a variety of topics.
To RSVP, please contact Tina Wilson at (661) 243-3191 ext 8743 or email tewilson@alz.org

TO REGISTER OR LEARN MORE, PLEASE CALL 800.272.3900 OR ONLINE AT ALZ.ORG/CRF