

JOIN US SUPPORT PROGRAMS

Presented by the Alzheimer's Association®



NOVEMBER 2023

Support Groups for Caregivers

All times are PST

Virtual Caregiver Support Groups

1st and 3rd **Monday**, 5:30 - 7 pm.
To RSVP contact Linda Loera at lloera@alz.org

1st **Tuesday**, 3 - 4:30 pm. To RSVP, contact Sivana Lavine at sclavine@alz.org

3rd **Saturday**, 10 - 11:30 am. To RSVP contact Sivana Lavine at sclavine@alz.org

3rd **Tuesday**, 6:30 - 8:00 pm.
To RSVP contact Sivana Lavine at sclavine@alz.org

Mandarin Virtual Caregiver Support Group

3rd **Sunday**, 4:30 - 6 pm. To RSVP contact Rebecca Pai at rebecca@feelingpampered.com

Younger Onset Virtual Caregiver Group

2nd **Tuesday**, 12 - 1:30 pm.
To RSVP contact Yael Wyte, MSW at ywyte@alz.org

Young Adult Virtual Caregiver Group

contact Yael Wyte, MSW at ywyte@alz.org
or 310-912-9120.

LGBTQ Caregiver In Person Support Group

2nd **Monday**, 2 - 3 pm.
To RSVP contact Tina Wilson at tewilson@alz.org

In Person Caregiver Support Groups

4th **Wednesday**, 9:30 - 11:00 am in Van Nuys. To RSVP contact Michelle Quiroga-Diaz at mquirogadiaz@onegeneration.org

4th **Tuesday**, 10:00 - 11:30 am in Antelope Valley. To RSVP contact Tina Wilson tewilson@alz.org

1st **Wednesday**, 10:30 am. To RSVP contact Karen Sidney karen@karensidney.com or (310) 880-0399

Grupo de Apoyo en Español

Grupo de Apoyo Telefonico para Cuidadores -
2do y 4to martes de cada mes, 1-2:30pm.
Para mas informacion comuniquese 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! All times are PST

Coffee and Conversation

Tuesday, November 14 and 28 at 10 am

Connect with like individuals and care partners, to discuss current events and a variety of topics.

To RSVP, contact Tina Wilson at tewilson@alz.org.

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

EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



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ONLINE EDUCATION

Accessible by Zoom with the option to dial in via phone. Advance registration is required to receive login information. All times are PST

Dementia Conversations-Driving, Doctor Visits, Legal & Financial Planning

Wednesday, November 15, 1-2 pm | [REGISTER](#)

Effective Communication Strategies

Thursday, November 9, 11-12 pm | [REGISTER](#)

Holidays and Caregiving

Wednesday, November 29, 9:30-10:30 am | [REGISTER](#)

IN-PERSON EDUCATION

Understanding & Responding to Dementia Related Behaviors

Wednesday, November 8, 5:30 - 6:30 pm | [REGISTER](#)

Caregiving and Planning during the Holidays

Tuesday, November 28, 10:00-11:00am | [REGISTER](#)

Holidays and Caregiving

Wednesday, November 29, 9:30-10:30 am | [REGISTER](#)

Healthy Living for your Brain & Body- Mandarin

Saturday, November 11, 10:30-11:30am | [REGISTER](#)

ON DEMAND EDUCATION

Accessible online, 24 hours a day. Please click on a program title below for more information.

[Understanding and Responding to Dementia-Related Behavior](#)

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively in this educational training program for non-professional caregivers.

[Understanding Alzheimer's and Dementia](#)

Learn about the difference between Alzheimer's and dementia, stages, risk factors, and more.

[10 Warning Signs of Alzheimer's](#)

Learn the 10 Warning Signs of Alzheimer's disease, hear from people who have the disease, and find out how to recognize the signs in yourself and others.

VOLUNTEERS NEEDED!
Community Educators
Support Group Facilitators
& More!

ALZHEIMER'S ASSOCIATION

JOIN OUR VOLUNTEER ORIENTATION TO LEARN MORE
Last Wednesday of the Month
12-1pm | Zoom
bit.ly/volunteer4alz