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

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.

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 twilson@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 twilson@alz.org

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

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 twilson@alz.org.

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

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.

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, 10:00-11:00 am | REGISTER

- **Holidays and Caregiving**
  Wednesday, November 29, 9:30-10:30 am | REGISTER

- **Healthy Living for your Brain & Body - Mandarin**
  Saturday, November 11, 10:30-11:30 am | REGISTER