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

10 Warning Signs of Alzheimer’s
Monday, September 18, 11-12 pm | REGISTER

Strategies for Building Effective Care Teams for Family Members
Tuesday, September 26, 10-11 | REGISTER

Understanding Alzheimer’s & Dementia
Thursday, September 14, 11-12 pm | REGISTER

Managing Money: A Caregivers Guide to Finance
Thursday, September 28, 6-7:15 pm | REGISTER

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

Dementia Conversations
Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

Effective Communication Strategies
Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Healthy Living for Your Brain and Body: Tips from the Latest Research
Join us to learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

CLASES EN ESPAÑOL
10 Señales de advertencia del Alzheimer’s
Jueves, 21 de septiembre, 4-6 pm | Regístrese

IN PERSON EDUCATION
Living with Alzheimer’s for Caregivers- Middle Stages
Wednesday, September 20, 9:30-10:30 am | REGISTER

In Person Early Stage Engagement at the Wende Museum
Friday, October 6th 10-11:30 | RSVP to Yael Wyte MSW @ ywyte@alz.org

SEEKING VOLUNTEERS
JOIN OUR VOLUNTEER ORIENTATION
Last Wednesday of the Month
12-1PM | ZOOM
join at bit.ly/volunteer_alz
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
3rd Saturday, 10 - 11:30 am.
To RSVP contact Sivana Lavine at sclavine@alz.org
1st Tuesday, 3 - 4:30 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 at ywyte@alz.org

Early Stage Virtual Caregiver Group
Please contact Yael Wyte at ywyte@alz.org

NEW In Person Caregiver Support Groups
4th Wednesday, 9:30 am - 11:00 am. To RSVP contact Michelle Quiroga-Díaz at mquirogadiaz@onegeneration.org
2nd Saturday, 11:00 am - 12:30 pm To RSVP contact Valley Vista Senior Center concierge at 818-906-4400.

LGBTQ Caregiver In Person Support Group
2nd Monday, 2 - 3 pm.
To RSVP contact Tina Wilson at tewilson@alz.org

Grupo de Apoyo en Español

Grupo de Apoyo Telefónico para Cuidadores
2do y 4to martes de cada mes, 1 - 2:30 pm.
Para más información 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! All times are PST

Coffee and Conversation
Tuesday, September 12 & 26 at 10 am

Brain Games
Thursday, September 21 at 2 pm

Brain Exercises training skills such as memory, reasoning, processing, speed, concentration, logical sequencing, language, problem solving, and more. To RSVP, contact Sivana Lavine at sclavine@alz.org

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