

# CAREGIVER SUPPORT GROUPS

Presented by the Alzheimer's Association®



## IN PERSON

### Caregiver Group El Centro

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

### Caregiver Group Mission Valley

Ongoing, 3<sup>rd</sup> Thursday of each month  
Delivery method: In Person  
Time: 11:30 AM- 1 PM

### Caregiver Group La Mesa

Ongoing, 1st Tuesday of each month  
Delivery method: In Person  
Time: 11:00 AM- 12:30 PM

### Caregiver Group Del Cerro

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

## IN PERSON

### Caregiver Group Encinitas

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

### **NEW IN MARCH!**

### Caregiver Group Del Mar

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

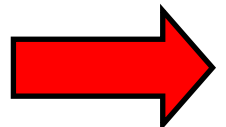
## SPANISH (ESPAÑOL)

### **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, 1<sup>st</sup> & 3<sup>rd</sup> 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