

## Support Group Purpose and Goals

To gather in a safe, supportive,  
caring, and understanding  
environment

To learn more about dementia  
and about helpful resources

To share our caregiving  
experiences, wisdom,  
and encouragement

To express our thoughts  
and feelings

To learn skills and strategies  
for self-care

To help each other through the  
caregiving process

alzheimer's  association™

the compassion to care, the leadership to conquer

**If you would like to join a  
support group, call the  
contacts for the group or  
call 805.892.4259 to confirm  
times and locations.**

All facilitators have training  
from the California Central Coast  
Alzheimer's Association.

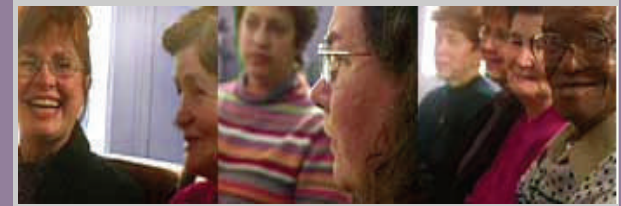
Revised September 23, 2009

**[www.centralcoastalz.org](http://www.centralcoastalz.org)**

## Santa Barbara County Support Groups for Those Affected by Memory Loss

Santa Barbara County Office  
1528 Chapala St., Ste. 204  
Santa Barbara, CA 93101  
805.892.4259

**24 hour Helpline  
1.800.272.3900**



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### Santa Barbara

#### Adult Child

Alzheimer's Association Office  
1528 Chapala St., 3rd Floor Conference Rm.  
1st Monday of each month  
5:30 – 7:00 p.m.

#### Spouse Caregivers

Grace Lutheran Church  
3869 State St.  
3rd Tuesday of each month  
3:00–4:30 p.m.

#### Younger-Onset Group for Person's with Memory Loss or Mild Cognitive Impairment

\* In Partnership with CFIT  
Meets Thursdays  
3:00 – 4:00 p.m.

Call for location and to R.S.V.P.

#### Early Stage Group for Person's with Memory Loss (and their caregiver)

1st & 3rd Wednesday of each month  
2:00 – 3:30 p.m.  
Call for location and to R.S.V.P.

#### General Interest (open to all)

Heritage House  
5200 Hollister Ave.  
1st Tuesday of each month  
4:00 – 5:30 p.m.

### Santa Barbara

#### General Interest (open to all)

Friendship Adult Day Center  
89 Eucalyptus Road  
1st & 3rd Wednesday each month  
10:00 – 11:30 a.m.

#### \*Free Onsite Respite Care:

Call the Friendship Center the day before  
to reserve: 805-969-0859

#### Bereavement Group

Hospice of SB  
2050 APS, Suite 100  
4th Friday of each month  
10:00 to 11:30 a.m.

### Santa Ynez Valley

#### General Interest (open to all)

Solvang Friendship House  
880 Friendship Lane  
1st & 3rd Tuesday of each month  
2:00 – 3:30 p.m.

### Carpinteria

#### General Interest (open to all)

Faith Lutheran Church  
Vallecito at Ogan  
1st & 3rd Wednesday of each month  
2:00 – 4:00 p.m.

#### Evening – General Interest (open to all)

Sandpiper Mobile Village, Conference Rm.  
3950 Via Real  
2nd Wednesday of each month  
6:00 – 7:30 p.m.

### Santa Maria

#### Family Caregiver

Minami Community Center  
600 W. Enos  
1st & 3rd Friday of each month  
10:30 – Noon

#### \*Free Onsite Respite Care:

Call Wisdom Center for respite care :  
805-354-5326

### Orcutt

#### General Interest (open to all)

Magnolia – 4620 Song Lane  
2nd Tuesday of each month  
6:00 – 7:30 p.m.  
Call 805-937-3332 for details.

**CALL 805-892-4259**

**FOR DETAILS**