

ONLINE SUPPORT GROUPS

Presented by the Alzheimer's Association®



TO REGISTER OR TO LEARN MORE, PLEASE VISIT [ALZ.ORG/CRF](https://alz.org/crf) OR CALL OUR 24/7 HELPLINE: 800.272.3900.

Online meetings via Zoom or Google Meet. Registration required to receive login information.

MONTHLY GROUPS FOR FAMILY & FRIEND CAREGIVERS

2nd Friday, 2:30-4PM

Facilitator: Dina O. in partnership with CCRC)

2nd & 4th Fridays, 10-11:30AM

Facilitator: Hannah H.

(in partnership with Senior Concerns)

1st & 3rd Fridays in-person

3rd Thursday, 1-2:30PM

Facilitator: Renee C. (in partnership with CCRC)

4th Wednesday, 1-2:30PM

Facilitator: Joan H.

Every Wednesday, 2:30-4PM

Facilitator: Hannah H.

(in partnership with Senior Concerns)

Every Thursday, 4-5:30PM

Facilitator: Thea T. (in partnership with CCRC)

MONTHLY GROUPS FOR YOUNGER ONSET

2nd Tuesday, 12-1:30PM

Facilitator: Email ywyte@alz.org for more info.

MONTHLY GROUPS FOR ADULT CHILD CAREGIVERS

1st & 3rd Thursdays, 9:30-11AM

Facilitator: Hannah H.

(in partnership with Senior Concerns)

2nd Wednesday, 5:30-7PM

Facilitator: Wynette W.

MONTHLY GROUPS FOR THOSE WITH MEMORY LOSS & CARE PARTNERS

1st, 2nd & 3rd Thursdays, 1-2:30PM

Facilitator: Dr. Joe

MONTHLY GROUPS FOR THOSE WHO HAVE LOST A LOVED ONE

1st Monday, 6-7PM

Facilitator: Jackie Marston

GRUPO DE APOYO EN ESPAÑOL

2nd y 4th Sabado, 11:00AM-12:00PM

Facilitator: Julio G.



California Central
Coast Chapter

Caregiver Retreat: **RESCHEDULED!**

Sat., May 11 10a-2p

St. James Episcopal Church, Paso Robles

No cost, respite care, lunch provided

RSVP by 3/18: 805-239-5679 OR bit.ly/slo_retreat

IN-PERSON SUPPORT GROUPS

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Available throughout San Luis Obispo, Santa Barbara and Ventura Counties. Pre-registration is encouraged.

SAN LUIS OBISPO COUNTY

2nd Mondays, 3:30-5PM

Cambria Connection
1075 Main St., Cambria 93428

2nd Tuesdays, 10:00-11:30AM

(in partnership with CCRC)
Morro Bay Community Center
1001 Kennedy Way, Morro Bay 93442

2nd & 4th Tuesdays, 2-3PM

Hospice of SLO
1304 Pacific Street, SLO 93401

Registration required through Hospice of SLO:
hospiceslo.org/support-groups or 805.544.2266

2nd Wednesdays, 10-11:30AM

Grace Bible Church
100 Rodeo Dr., Arroyo Grande 93420

2nd Wednesdays, 1-2:30PM

Grace Bible Church
100 Rodeo Dr., Arroyo Grande 93420
Hybrid: also available via Zoom

3rd Fridays, 1-2:30PM

American Riviera Bank
1601 Spring St., Paso Robles 93446

4th Tuesdays, 10-11:30AM

Coastal Peaks Coffee Shop
3566 S. Higuera St., Suite 100, SLO 93401
For Spouse Caregivers

4th Thursdays, 2-3:30PM

The Oaks of Nipomo
177 Mary Ave., Nipomo 93444

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SANTA BARBARA COUNTY

1st & 3rd Thursdays, 5-6:30pm

Samsun Clinic
215 Pesetas Lane, 3rd Floor Conference Room
Santa Barbara 93110

2nd & 4th Thursdays,

Carpinteria Library, 10:30-12pm
5141 Carpinteria Ave, Carpinteria 93013

1st & 3rd Tuesdays, 2-3PM

Friendship Center
83 Eucalyptus Lane, Santa Barbara 93108

Respite available

This meeting is now closed

2nd Tuesdays, 3-4PM

Maravilla Senior Living
5486 Calle Real, Santa Barbara 93111

2nd & 4th Mondays, 3-4:30PM

San Vicente
340 Old Mill Road, Santa Barbara 93110

3rd Tuesdays, 4:30-6:00pm

Oak Cottage
1820 de La Vina, Santa Barbara 93101

4th Tuesdays, 3-4:00pm

Santa Maria Wisdom Center
2255 S. Depot Street
Santa Maria 93455

Last Mondays of the month, 3-4:30pm

Atterdag Village of Solvang
636 Atterdag Road, Solvang 93463



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CONTINUED

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VENTURA COUNTY

1st & 3rd Fridays, 10-11:30AM

Senior Concerns
401 Hodencamp Road, Thousand Oaks 91362
2nd & 4th Fridays virtual

1st & 3rd Mondays, 1-2:30PM

Goebel Adult Center
1385 E Janss Road, Thousand Oaks 91362
For LGBTQ+ Caregivers

1st & 3rd Tuesdays, 5:30-7PM

Aegis of Ventura
4964 Telephone Road, Ventura 93003

1st & 3rd Tuesdays, 2-3PM

Covenant of Grace Church
1801 Joliet Place, Oxnard 93030

1st & 3rd Fridays, 9:30-11AM

Goebel Adult Center
1385 E Janss Road, Thousand Oaks 91362

1st & 3rd Thursdays, 10:30AM-12PM

Simi Valley Senior Center
3900 Avenida Simi, Simi Valley 93063

2nd Saturdays, 10-11:30AM

Laurel Heights
13960 Peach Tree Hill Road, Moorpark 93021

2nd & 4th Saturdays, 10-11:30am

Sunrise Senior Living of Westlake
3101 Townsgate Road, Thousand Oaks 91362

2nd & 4th Wednesdays, 9:30-11AM

Cypress Place
1200 Cypress Point Lane, Ventura 93003

2nd & 4th Mondays, 10-11AM

Gables of Ojai
701 Montgomery Street, Ojai 93023

2nd & 4th Fridays, 11AM-12:30PM

Oakmont of Camarillo
305 Davenport Street, Camarillo 93012

SEEKING VOLUNTEERS!

Join our volunteer orientation to learn more about available positions in your area.

Last Wednesday of the Month

12-1 PM | ZOOM: bit.ly/volunteer_alz



**California Central
Coast Chapter**

Alzheimer's Association 24/7

Helpline: 800.272.3900

Call for free, around-the-clock help & the latest information.

Llame para obtener ayuda y informacion en español gratuita las 24 horas.