

Support & Discussion Group Directory

Groups held at Alzheimer's San Diego

Group	Day & Time	Address	Leader
Dementia Caregiver	1 st & 3 rd Wednesdays 10 am-11:30 am	6632 Convoy Court, San Diego	Rebecca De Campos, MSW 858.966.3303
Dementia Caregiver	2 nd & 4 th Wednesdays 6 pm-7:30 pm	6632 Convoy Court, San Diego	Cassie Deacon, MSW 858.966.3303
Dementia Caregiver <i>-With UCSD Shiley Marcos ADRC</i>	2 nd Wednesday 2 pm-3:30 pm	6632 Convoy Court, San Diego	Tracey Truscott, LCSW 858.822.4800
Men Caregivers	2 nd & 4 th Wednesday 10 am-12 pm	6632 Convoy Court, San Diego	Sarina Barker, MSW & Larry Hamon 858.966.3293
Young Onset Caregivers	1 st Thursday 10:30 am-12 pm	6632 Convoy Court, San Diego	Rebecca De Campos, MSW 858.966.3303
For Diagnosed Under Age 60 <i>-With UCSD Shiley Marcos ADRC</i>	1 st Thursday 10:30 am-12 pm	6632 Convoy Court, San Diego	Tracey Truscott, LCSW 858.822.4800 (call to register)
Early Stage Diagnosed with their Care-partners	1 st & 3 rd Monday 1 pm-2:30 pm	6632 Convoy Court, San Diego	Sarina Barker, MSW 858.966.3293 (call to register)
Lewy Body & Frontotemporal Dementia Caregivers	1 st Wednesday 2 pm -3:30 pm	6632 Convoy Court, San Diego	Tracey Truscott, LCSW 858.822.4800
Korean Caregivers	1 st Thursday 3:30 pm-5 pm	6632 Convoy Court, San Diego	Young Shin-Lee & Soon Chu 619.635.3678

Central San Diego

Group	Day & Time	Address	Leader
North Clairemont Library	3 rd Saturday 1:30 pm-2:30 pm	4616 Clairemont Dr., San Diego	Janet Matthews, MFT 858.966.3303
La Jolla United Methodist	3 rd Wednesday 1:30 pm-3 pm	6063 La Jolla Blvd., La Jolla	Sandra Dysart, LCSW 858.454.3745
Point Loma Peninsula Shepherd Center	1 st & 3 rd Wednesday 9 am-10:30 am	1475 Catalina Blvd., San Diego	Colleen Cook, MSW 858.966.3303
Caregivers with Family Living in Residential Care	1 st & 3 rd Tuesday 6:30 pm-8 pm	Stellar Care 4518 54th St., San Diego	Susan O'Shaughnessy 858.966.3303
Balboa Avenue Older Adult Center*	1 st & 3 rd Monday 11 am-12:30 pm	8788 Balboa Ave., San Diego	Lesley Alexander, MSW 858.966.3303

Grupo de Apoyo y Discusión en Español

Group	Day & Time	Address	Leader
San Marcos Americare Adult Day Center *	4 ^o Miércoles 2:30 pm-3:30 pm	340 Rancheros Dr., #196, San Marcos	Vanessa Caceres 760.682.2424
San Ysidro Casa Familiar	Todos Martes 10 am-11:30 am	268 W. Park Ave., San Ysidro	Ana Chiquete 619.763.6396

For the most current group information call Rebecca De Campos, MSW at 858.966.3303, or visit www.alzsd.org

*Respite is offered at groups indicated with an asterisk, please call ahead

South San Diego

Group	Day & Time	Address	Leader
Bayview Baptist Church MLK Building	4 th Friday 6 pm-7:30 pm	6134 Benson Ave., San Diego	Lottie Harris, RN 858.966.3303
Coronado Public Library	1 st & 3 rd Wednesday 7 pm-8:30 pm	640 Orange Ave., Coronado	Gerry & Claudene Garmon 619.435.1468
Chula Vista at St. Paul's	1 st & 3 rd Saturday 1 pm-2:30 pm	1420 East Palomar St., Chula Vista	Ellen Boucher 858.966.3303

North County Inland

Group	Day & Time	Address	Leader
Sabre Springs Belmont Village	1 st & 3 rd Wednesday 6:30 pm-8 pm	13075 Evening Creek Dr. South, San Diego	Debbie Salisbury 858.966.3303
Escondido Park Avenue Center	2 nd & 4 th Monday 10 am-11:30 am	210 Park Avenue, Escondido	Sheila Argeanton, CDT 760.635.1895
San Marcos Senior Activity Center	Every Tuesday 10 am-12:00 pm	111 Richmar Ave., San Marcos	Lynne Smith 760.212.1224
Fallbrook Silvergate Residence	3 rd Wednesday 1:30 pm-3 pm	420 Elbrook Dr., Fallbrook	Barbara Heric & Dawn Coats 858.966.3303
Vista Gardens Memory Care	Every Thursday 1:30 pm-3:30 pm	1863 Devon Place, Vista	Sandy Braff, MFT & Carol Genson 858.792.4610
Rancho Bernardo San Rafael Parish*	2 nd & 4 th Tuesday 1 pm-2:30 pm	17252 Bernardo Center Dr., San Diego	Arlene Cawthorne 858.966.3303
Poway Adult Day Health Care Center*	2 nd Wednesday 10 am-11:30 am	12250 Crosthwaite Circle, Poway	Liz Landram 858.966.3303

North County Coastal

Group	Day & Time	Address	Leader
Carlsbad ActivCare at Bressi Ranch	2 nd Tuesday 10:30 am-12 pm	6255 Nygaard St., Carlsbad	Catherine Lombardi 858.966.3303
Oceanside Country Club Senior Center	1 st & 3 rd Tuesday 1 pm-2:30 pm	455 Country Club Lane, Oceanside	Janet Hartshorne 858.966.3303
La Costa at Sunrise	3 rd Thursday 5:30 pm-6:30 pm	7020 Manzanita St., Carlsbad	Sandy Braff, MFT 858.792.4610
Encinitas Glenner Center *	Every Wednesday 10 am-12 pm	335 Saxony Rd., Encinitas	Sheila Argeanton, CDT 858.966.3303

East County San Diego

Group	Day & Time	Address	Leader
Alpine Community Center	1 st & 3 rd Wednesday 2 pm-3:30 pm	1830 Alpine Blvd., Alpine	Linda Cioffi 619.445.5291
La Mesa Herrick Community Library	1 st & 3 rd Tuesday 6 pm-7:30 pm	9001 Wakarusa Street, La Mesa	Ellen Boucher 619.770.7145
Santee City Hall	4 th Thursday 10 am-11:30 am	10601 Magnolia Ave., Santee (Building 8, Room A)	Lynne Smith 760.212.1224
Ramona Senior Center	3 rd Wednesday 10 am-11:30 am	434 Aqua Lane, Ramona	Elaine Bailey 760.787.0172
San Carlos United Methodist Church	1 st & 3 rd Tuesday 10 am-12 pm	6554 Cowles Mountain Blvd., San Diego	Robert Spalding 619.298.1350