

# Support & Discussion Group Directory

## Groups held at Alzheimer's San Diego

Group	Day & Time	Address	Leader
Dementia Caregiver	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays 10 am-11:30 am	6632 Convoy Court, San Diego	Rebecca De Campos, MSW & Carly Graber, MSW 858.966.3303
Dementia Caregiver	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesdays 6 pm-7:30 pm	6632 Convoy Court, San Diego	Cassie Deacon, MSW & Preston Stocking, MSW 858.966.3303
Dementia Caregiver	2 <sup>nd</sup> Saturday 10 am-11:30 am	6632 Convoy Court, San Diego	Diana Macis, MSW 858.966.3303
Dementia Caregiver <i>-With UCSD Shiley Marcos ADRC</i>	2 <sup>nd</sup> Wednesday 2 pm-3:30 pm	6632 Convoy Court, San Diego	Tracey Truscott, LCSW 858.822.4800
Men Caregivers	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 10 am-12 pm	6632 Convoy Court, San Diego	Sarina Barker, MSW & Larry Hamon 858.966.3293
Young Onset Caregivers	1 <sup>st</sup> 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 <sup>st</sup> Thursday 10:30 am-12 pm	6632 Convoy Court, San Diego	Tracey Truscott, LCSW 858.822.4800 (call to register)
Lewy Body & Frontotemporal Dementia Caregivers	1 <sup>st</sup> Wednesday 2 pm -3:30 pm	6632 Convoy Court, San Diego	Tracey Truscott, LCSW 858.822.4800
Korean Caregivers	1 <sup>st</sup> 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
La Jolla United Methodist	3 <sup>rd</sup> Wednesday 1:30 pm-3 pm	6063 La Jolla Blvd., La Jolla	Sandra Dysart, LCSW 858.454.3745
Point Loma Peninsula Shepherd Center	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 10 am-11:30 am	1475 Catalina Blvd., San Diego	Colleen Cook, MSW 858.966.3303
Balboa Avenue Older Adult Center*	1 <sup>st</sup> & 3 <sup>rd</sup> Monday 11 am-12:30 pm	8788 Balboa Ave., San Diego	Lesley Alexander, MSW 858.966.3303

## South San Diego

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

For the most current group information call Rebecca De Campos, MSW at 858.966.3303, or visit [www.alzsd.org](http://www.alzsd.org)

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

## North County Inland

Group	Day & Time	Address	Leader
Sabre Springs Belmont Village	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 6:30 pm-8 pm	13075 Evening Creek Dr. South, San Diego	Debbie Salisbury 858.966.3303
Escondido Park Avenue Center	2 <sup>nd</sup> & 4 <sup>th</sup> 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
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 <sup>nd</sup> & 4 <sup>th</sup> Tuesday 1 pm-2:30 pm	17252 Bernardo Center Dr., San Diego	Arlene Cawthorne 858.966.3303
Poway Adult Day Health Care Center*	2 <sup>nd</sup> Wednesday 10 am-11:30 am	12250 Crosthwaite Circle, Poway	Liz Landram 858.966.3303
Fallbrook United Methodist Church	2 <sup>nd</sup> Wednesday 4:30 pm – 6:00 pm	1844 Winter Haven Rd., Fallbrook	Vickie Lewis 858.966.3303

## North County Coastal

Group	Day & Time	Address	Leader
Carlsbad ActivCare at Bressi Ranch	2 <sup>nd</sup> Tuesday 10:30 am-12 pm	6255 Nygaard St., Carlsbad	Catherine Lombardi 858.966.3303
Oceanside Country Club Senior Center	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 1 pm-2:30 pm	455 Country Club Lane, Oceanside	Janet Hartshorne 858.966.3303
Carlsbad Tri-City Wellness & Fitness Center	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 4:30 pm-6:00 pm	6250 El Camino Real, Carlsbad, CA 92009	Lynne Smith 858.966.3303
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 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 2 pm-3:30 pm	1830 Alpine Blvd., Alpine	Linda Cioffi 619.445.5291
La Mesa Herrick Community Library	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 5:30 pm-7:30 pm	9001 Wakarusa Street, La Mesa	Ellen Boucher 619.770.7145
Santee City Hall	4 <sup>th</sup> Thursday 10 am-11:30 am	10601 Magnolia Ave., Santee (Building 8, Room A)	Lynne Smith 760.212.1224
Ramona Senior Center	3 <sup>rd</sup> Wednesday 10 am-11:30 am	434 Aqua Lane, Ramona	Elaine Bailey 760.787.0172
San Carlos United Methodist Church	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 10 am-12 pm	6554 Cowles Mountain Blvd., San Diego	Robert Spalding 619.298.1350

## Grupo de Apoyo y Discusión en Español

Group	Day & Time	Address	Leader
San Marcos Americare Adult Day Center *	4 <sup>o</sup> Miércoles 2:30 pm-3:30 pm	340 Rancheros Dr., #196, San Marcos	Vanessa Caceres 760.682.2424
San Ysidro Casa Familiar	Todos Martes 10:30 am-11:30 am	212 W. Park Ave., San Ysidro	Ana Chiquete 619.763.6396