

# Support & Discussion Group Directory

## Groups held at Alzheimer's San Diego

Group	Day & Time	Address	Leader
Dementia Caregivers	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays 10 am-11:30 am	6632 Convoy Court, San Diego	Ana Choza-Hunt, MSW 858.966.3303
Adult Children Caregivers	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 Caregivers	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 McDaniel, LCSW 858.966.3303
Lewy Body & Frontotemporal Dementia Caregivers <i>-With UCSD Shiley Marcos ADRC</i>	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 *\*Respite is offered at groups indicated with an asterisk, please call ahead*

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
Residential Care Community <i>*call to pre-register</i>	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 6:00 pm-7:30 pm	4518 54th St., San Diego	Susan O'Shaughnessy 858.966.3303
Scripps Ranch Community Center	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday 6:30 pm- 8:00 pm	11885 Cypress Canyon Rd., San Diego	Sherri Stoddard 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

To protect the quality of our groups, no observation or presentations are allowed without prior approval  
For the most current group information call Rebecca McDaniel, LCSW at 858-966-3303 or visit [www.alzsd.org](http://www.alzsd.org)

## North County Inland *\*Respite is offered at groups indicated with an asterisk, please call ahead*

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
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	Clarissa Hopwood, MSW 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
Escondido Emmanuel Faith <i>* Faith-based group</i>	4 <sup>th</sup> Sunday 1:00 pm – 2:30 pm	639 E 17th Ave, Escondido	Wanda Smith & Rebecca Geary 858.966.3303

## North County Coastal *\*Respite is offered at groups indicated with an asterisk, please call ahead*

Group	Day & Time	Address	Leader
Carmel Valley Rec Center	4 <sup>th</sup> Saturday 9:30 am-11:00 am	3777 Townsgate Dr., San Diego	Herb Liberman 858.966.3303
Carlsbad ActivCare at Bressi Ranch	2 <sup>nd</sup> & 4 <sup>th</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 760.212.1224
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 St., La Mesa	Ellen Boucher 858.966.3303
La Mesa St. Luke's Lutheran	1 <sup>st</sup> & 3 <sup>rd</sup> Saturday 9:30 am- 11:00 am	5150 Wilson St., La Mesa	Ellen Boucher 858.966.3303
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	Patti Gonzales 858.966.3303

## 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 858.966.3303
San Ysidro Casa Familiar	Todos Martes 10:30 am-11:30 am	212 W. Park Ave., San Ysidro	Ana Chiquete 619.763.6396