

Support & Discussion Group Directory

Caregiver Support Groups are open to anyone caring for a person with Alzheimer's or another dementia
We encourage you to verify the groups meeting by calling 858-492-4400 or visit www.alzsd.org

Specialized Groups

Group	Day & Time	Address	Leader
Adult Children Caregivers <i>-caring for a parent, locally or long-distance</i>	2 nd & 4 th Wednesdays 6 pm-7:30 pm	6632 Convoy Court, San Diego	Cassie Deacon, LCSW & Preston Stocking, MSW
Grief and Bereavement <i>-after the person has passed away-</i>	1 st Tuesday 1 pm-2:30 pm	17252 Bernardo Center Dr., San Diego	Arlene Cawthorne, MSC
Korean Caregivers	1 st Thursday 3:30 pm-5 pm	6632 Convoy Court, San Diego	Young Shin-Lee & Soon Chu
Lewy Body & Frontotemporal Dementia Caregivers <i>-With UCSD Shiley Marcos ADRC</i>	1 st Wednesday 2 pm -3:30 pm	6632 Convoy Court, San Diego	Tracey Truscott, LCSW
Men Caregivers	2 nd & 4 th Wednesday 10 am-12 pm	6632 Convoy Court, San Diego	Sarina Barker, MSW & Larry Hamon
Spanish Speaking Caregivers <i>-group led in Español-</i>	Todos Martes 10:30 am-11:30 am	212 W. Park Ave., San Ysidro	Ana Chiquete
Young Onset Caregivers <i>-caring for someone under 65 years -</i>	1 st Thursday 10:30 am-12 pm	6632 Convoy Court, San Diego	Rebecca McDaniel, LCSW

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

Group	Day & Time	Address	Leader
Balboa Avenue Older Adult Center**	1 st & 3 rd Monday 11 am-12:30 pm	8788 Balboa Ave., San Diego	Lesley Alexander, MSW
Dementia Caregivers	1 st & 3 rd Wednesdays 10 am-12 pm	6632 Convoy Court, San Diego	Ana Choza-Hunt, MSW
Dementia Caregivers	2 nd Saturday 10 am-11:30 am	6632 Convoy Court, San Diego	Diana Macis, MSW
Dementia Caregivers <i>-With UCSD Shiley Marcos ADRC</i>	2 nd Wednesday 2 pm-3:30 pm	6632 Convoy Court, San Diego	Tracey Truscott, LCSW
La Jolla United Methodist	3 rd Wednesday 1:30 pm-3 pm	6063 La Jolla Blvd., La Jolla	Sandra Dysart, LCSW
Point Loma Peninsula Shepherd Center	1 st & 3 rd Thursday 10 am-11:30 am	1475 Catalina Blvd., San Diego	Colleen Cook, MSW

South San Diego

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

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
La Mesa Herrick Community Library	1 st & 3 rd Tuesday 5:30 pm-7:30 pm	9001 Wakarusa St., La Mesa	Ellen Boucher
La Mesa St. Luke's Lutheran	1 st & 3 rd Saturday 9:30 am- 11 am	5150 Wilson St., La Mesa	Ellen Boucher
Ramona Senior Center	3 rd Wednesday 10 am-11:30 am	434 Aqua Lane, Ramona	Elaine Bailey
San Carlos United Methodist Church	1 st & 3 rd Tuesday 10 am-12 pm	6554 Cowles Mountain Blvd., San Diego	Patti Gonzales
Santee Faith Fellowship	4 th Thursday 10 am-11:30 am	9971 Mission Gorge Rd., Santee	Lynne Smith

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

Group	Day & Time	Address	Leader
Escondido Emmanuel Faith <i>-Faith-based group -</i>	4 th Sunday 1 pm-2:30 pm	639 E 17th Ave, Escondido	Wanda Smith & Rebecca Geary
Escondido Park Avenue Center	2 nd & 4 th Monday 10 am-11:30 am	210 Park Avenue, Escondido	Sheila Argeanton, CDT
Fallbrook United Methodist Church	2 nd Wednesday 4:30 pm-6 pm	1844 Winter Haven Rd., Fallbrook	Vickie Lewis
Poway Adult Day Health Care Center*	2 nd Wednesday 10 am-11:30 am	12250 Crosthwaite Circle, Poway	Clarissa Hopwood, MSW
Rancho Bernardo San Rafael**	2 nd & 4 th Tuesday 1 pm-2:30 pm	17252 Bernardo Center Dr., San Diego	Arlene Cawthorne, MSC
Sabre Springs at Belmont Village	1 st & 3 rd Wednesday 6:30 pm-8 pm	13075 Evening Creek Dr. South, San Diego	Debbie Salisbury
San Marcos Senior Activity Center	Every Tuesday 10 am-12 pm	111 Richmar Ave., San Marcos	Lynne Smith
Scripps Ranch Community Center	2 nd & 4 th Tuesday 6:30 pm-8 pm	11885 Cypress Canyon Rd., San Diego	Sheri Stoddard
Vista Gardens Memory Care	Every Thursday 1:30 pm-3:30 pm	1863 Devon Place, Vista	Sandy Braff, MFT & Carol Genson

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

Group	Day & Time	Address	Leader
Carlsbad at ActivCare Bressi Ranch	2 nd & 4 th Tuesday 10:30 am-12 pm	6255 Nygaard St., Carlsbad	Catherine Lombardi
Carlsbad Tri-City Wellness & Fitness Center	1 st & 3 rd Thursday 4:30 pm-6 pm	6250 El Camino Real, Carlsbad	Lynne Smith
Carmel Valley Rec. Center	4 th Saturday 9:30 am-11 am	3777 Townsgate Dr., San Diego	Herb Liberman
Encinitas Glenner Center**	Every Wednesday 10 am-12 pm	335 Saxony Rd., Encinitas	Sheila Argeanton, CDT
Oceanside Country Club Senior Center	1 st & 3 rd Tuesday 1 pm-2:30 pm	455 Country Club Lane, Oceanside	Janet Hartshorne

To protect the integrity of our groups, no observation or presentations are permitted without approval
To discuss further call the Support Group Coordinator Rebecca McDaniel, LCSW at 858-966-3303