

## Virtual Support & Discussion Group Directory

These groups are open to anyone caring for a person living with Alzheimer's disease or another dementia. While they have moved online using Zoom video software during the COVID-19 pandemic, they are organized by the geographic region of the county where they are normally held. ***To find the right group for you, please call Alzheimer's San Diego at 858.492.400.***

### Specialized Groups

- **Adult Children Caregivers:** 2nd & 4th Wednesdays, 6-7:30 PM
- **Men's Support Group:** 2nd & 4th Wednesdays, 10 AM-12 PM
- **Grief and Bereavement Group:** 1st Tuesday, 1-2:30 PM
- **Young Onset Caregivers:** 1st Thursday, 10:30 AM-12 PM
- **Lewy Body & Frontotemporal Dementia Caregivers:** 1st Wednesday, 2-3:30 PM
- **Care Facility, Care Partner Group:** Every 2nd & 4th Thursday, 10-11:30 AM

### Central San Diego

- **Alzheimer's San Diego Wednesday Morning Group:** 1st & 3rd Wednesdays, 10 AM-12 PM
- **Alzheimer's San Diego Saturday Morning Group:** 2nd Saturday, 10:30 AM-12 PM
- **Point Loma Peninsula Shepherd Group:** 1st & 3rd Thursdays, 1:30-3 PM
- **La Jolla United Methodist Group:** 3rd Wednesday, 1:30-3 PM

### South San Diego

- **Chula Vista at St. Paul's Group:** 1st & 3rd Saturdays, 1-2:30 PM

### East County San Diego

- **La Mesa Herrick Community Library Group:** 1st & 3rd Tuesdays, 5:30-7:30 PM
- **La Mesa St. Luke's Group:** 1st & 3rd Saturdays, 9:30-11 AM
- **Santee Caregiver Group:** 2nd & 4th Thursdays, 10-11:30 AM
- **San Carlos United Methodist Church:** 1st & 3rd Tuesdays, 10 AM-12 PM

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### North County Inland

- **Escondido (Park Ave) Caregiver Group:** 2nd & 4th Mondays, 10-11:30 AM
- **Rancho Bernardo Group:** 2nd & 4th Tuesdays, 1-2:30 PM
- **San Marcos Group:** Every Tuesday, 10 AM-12 PM
- **Sabre Springs at Belmont Village:** 1st & 3rd Wednesdays, 6:30-8:00 PM
- **Vista Gardens Memory Care Group:** 1st & 3rd Thursdays, 1:30-3:30 PM

### North County Coastal

- **Carlsbad Tri-City Group:** 1st & 3rd Thursdays, 4:30-6 PM
- **Encinitas Caregiver Group:** 2nd & 4th Wednesdays, 10 AM-12 PM
- **Oceanside Caregiver Group:** 1st & 3rd Tuesdays, 1-2:30 PM
- **Carlsbad at ActivCare Bressi Ranch:** 2nd Tuesday, 10:30 AM-12 PM

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### About Zoom:

Zoom is a simple online meeting program that will allow you to view and listen to the program from any computer, tablet, or phone with an internet connection. You do not need to register or set up an account, but we do recommend logging on a few minutes early to download the required video launcher and test your audio connection.



### Call our free Volunteer Tech Team

Need help getting started with Zoom? Our Volunteer Tech Team can talk you through it. **Give us a call at 858.492.4400 to get started.**