

Support Group Directory

These groups are open to anyone caring for someone with Alzheimer's or another dementia. They are held using Zoom, unless noted otherwise. To find the right support group for you, call Alzheimer's San Diego at **858.492.4400** or register for a group at **www.alzsd.org/support**.

Specialized Groups

- **Adult Children Care Partners:** 2nd & 4th Wednesdays, 6-7:30 PM
- **Care Facility Care Partners:** 2nd & 4th Thursdays, 10-11:30 AM
- **Frontotemporal (FTD), Lewy Body (LBD) & Other Dementias Group:** 1st Wednesday, 2-3 PM*
**Presented with the UCSD Shiley-Marcos Alzheimer's Disease Research Center*
- **Grief and Bereavement Group:** 1st Tuesday, 1-2:30 PM
- **Korean American Care Partners:** 1st Thursday, 3:30-5 PM
- **Men's Group:** 2nd & 4th Wednesdays, 10 AM-12 PM
- **Young Onset Care Partners:** 1st Thursday, 10:30 AM-12 PM

Sunday Groups

- **Escondido Sunday Group (faith based):** 4th Sunday, 1-2:30 PM

Monday Groups

- **Escondido Monday Group:** 2nd & 4th Mondays, 11 AM-12:30 PM

Tuesday Groups

- **Carlsbad Tuesday Group:** 2nd & 4th Tuesdays, 10:30 AM-12 PM
- **La Mesa Tuesday Group:** 1st & 3rd Tuesdays, 5:30-7:30 PM
- **Oceanside Tuesday Group:** 1st & 3rd Tuesdays, 1-2:30 PM
- **Rancho Bernardo Tuesday Group:** 2nd & 4th Tuesdays, 1-2:30 PM
- **San Carlos Tuesday Group:** 1st & 3rd Tuesdays, 10 AM-12 PM
- **San Marcos Tuesday Group:** Every Tuesday, 10 AM-12 PM
- **Tuesday Afternoon Group:** 2nd & 4th Tuesdays, 3-4:30 PM

Wednesday Groups

- **Coronado Wednesday Group:** 1st & 3rd Wednesdays, 7-8:30 PM
- **Encinitas Wednesday Group:** 2nd & 4th Wednesdays, 10 AM-12 PM
- **La Jolla Wednesday Group:** 3rd Wednesday, 1:30-3 PM
- **Poway Wednesday Group:** 2nd Wednesday, 10-11:30 AM
- **Sabre Springs Wednesday Group:** 1st & 3rd Wednesdays, 6:30-8 PM
- **San Diego Wednesday Group:** 1st & 3rd Wednesdays, 10 AM-12 PM
- **Wednesday Afternoon Group:** 2nd Wednesday, 2-3 PM*

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Thursday Groups

- **Carlsbad Thursday Group:** 1st & 3rd Thursdays, 4:30-6 PM
- **Santee Thursday Group:** 2nd & 4th Thursdays, 10-11:30 AM
- **Thursday Evening Group:** 4th Thursday, 7-8:30 PM
- **Vista Thursday Group:** 1st & 3rd Thursdays, 1:30-3:30 PM

Saturday Groups

- **Carmel Valley Saturday Group:** 4th Saturday, 9:30-11 AM
- **Chula Vista Saturday Group:** 1st & 3rd Saturdays, 1-2:30 PM
- **La Mesa Saturday Group:** 1st & 3rd Saturdays, 9:30-11 AM
- **San Diego Saturday Group:** 2nd Saturday, 10:30 AM-12 PM



About Zoom:

Zoom is a free online meeting program that will allow you to view and listen to the program from any device with an internet connection. You do not need to set up an account, but we do recommend logging on a bit early to download the required video launcher and test your audio connection.



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.