

## 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](http://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 Wednesdays, 2-3 PM\*  
*\*Presented with the UCSD Shiley-Marcos Alzheimer's Disease Research Center*
- **Grief and Bereavement Group:** 1st Tuesdays, 1-2:30 PM
- **Korean American Care Partners:** 1st Thursdays, 3:30-5 PM
- **Men's Group:** 2nd & 4th Wednesdays, 10 AM-12 PM
- **Young Onset Care Partners:** 1st Thursdays, 10:30 AM-12 PM

### Sunday Groups

- **Escondido Sunday Group (faith based):** 4th Sundays, 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 Wednesdays, 1:30-3 PM
- **Poway Wednesday Group:** 2nd Wednesdays, 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 Wednesdays, 2-3 PM\*

*\*Presented with the UCSD Shiley-Marcos Alzheimer's Disease Research Center*

## 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 Thursdays, 7-8:30 PM
- **Vista Thursday Group:** 1st & 3rd Thursdays, 1:30-3:30 PM

## Friday Groups

- **Bayview Friday Group:** 3rd Fridays, 5-6:30 PM

## Saturday Groups

- **Carmel Valley Saturday Group:** 4th Saturdays, 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 Saturdays, 10:30 AM-12 PM



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.**