

SUPPORT GROUP DIRECTORY

Current as of 4/8/24 - Please call for latest updates.

These groups are open to anyone caring for someone with Alzheimer's or another dementia. They are held virtually using Zoom on your device, by calling on your phone, and some groups meet in person. To find the right support group for you, get help with Zoom, or how to call into a meeting, call **858.492.4400** or register for a group at alzsd.org/support.

Specialized Support Group Meetings

- **Adult Children Care Partners:** 2nd & 4th Wednesdays, 5:30 PM-7:30 PM
- **Bereavement Support Group:** 1st & 3rd Tuesdays, 1:00 PM-2:30 PM
- **Care Facility Care Partners:** 2nd & 4th Thursdays, 10:00 AM-12:00 PM
- **Frontotemporal (FTD) & Other Dementias Care Partners:** 1st Wednesday, 2:00 PM-3:00 PM* (**Presented with the UCSD Shiley-Marcos Alzheimer's Disease Research Center*)
- **Korean Speaking Care Partners:** 1st Thursday, 3:30 PM-5:00 PM
- **Long Distance Care Partners:** 4th Thursday, 4:00 PM-5:30 PM
- **Men's Care Partners:** 2nd & 4th Wednesdays, 10:00 AM-12:00 PM
- **Other Dementias Care Partners:** 4th Tuesday, 5:30 PM-7:00 PM
- **Young Onset Care Partners:** 2nd & 4th Tuesdays, 5:30 PM-7:00 PM
- **Grupo de apoyo en español en línea:** 2do y 4to miércoles del mes, 1:30 p.m.-3:00 p.m.
También tenemos un grupo en español en persona; consulte la sección "In Person -> South San Diego."

Virtual Support Group Meetings

Tuesday Groups

- **1st & 3rd Tuesday Evening Care Partners:** 5:30 PM-7:30 PM
- **2nd & 4th Tuesday Afternoon Care Partners:** 3:00 PM-4:30 PM

Wednesday Groups

- **1st & 3rd Wednesday Evening Care Partners:** 7:00 PM-8:30 PM
- **2nd & 4th Wednesday Morning Care Partners:** 10:00 AM-12:00 PM
- **2nd Wednesday Afternoon Care Partners:** 2:00 PM-3:00 PM* (**Presented with the UCSD Shiley-Marcos Alzheimer's Disease Research Center*)

Thursday Groups

- **2nd & 4th Thursday Afternoon Care Partners:** 1:30 PM -3:00 PM
- **Every Thursday Morning Care Partners:** 10:00 AM -12:00 PM

Saturday Groups

- **1st & 3rd Saturday Morning Care Partners:** 9:30 AM-11:30 AM

Virtual for Now - Transitioning to In Person at Future Date

North County Coastal

- **Encinitas Wednesday Care Partners:** 2nd & 4th Wednesdays, 10:00 AM-12:00 PM



In-Person Groups

Central San Diego

- **Encanto Thursday Care Partners [faith based]:** 4th Thursday, 4:00 PM-5:30 PM
Skyline Hills Library, 7900 Paradise Valley Rd, San Diego, CA 92139

East County

- **Ramona Wednesday Care Partners:** 4th Wednesday, 10:00 AM-11:30 AM
Ramona Senior Center, 434 Aqua Lane, Ramona 92065

North County Coastal

- **Carlsbad Tuesday Care Partners:** 2nd & 4th Tuesdays, 10:30 AM-12:00 PM
ActivCare at Bressi Ranch, 6255 Nygard St., Carlsbad 92009
- **Carmel Valley Saturday Care Partners:** 4th Saturday, 9:30 AM-11:00 AM
Carmel Valley Rec Center, Rm 1, 3777 Townsgate Dr, San Diego, CA 92130
- **Oceanside Wednesday Care Partners:** 1st & 3rd Wednesdays, 1:00 PM-2:30 PM
Oceanside Public Library-Mission Branch, 3861 Mission Avenue, Oceanside 92058

North County Inland

- **Escondido Monday Care Partners:** 2nd & 4th Mondays, 10:00 AM- 11:30 AM
Park Avenue Community Center, 210 East Park Avenue, Escondido 92025
- **Escondido Sunday Care Partners [faith based]:** 4th Sunday, 1:00 PM-2:30 PM
Emmanuel Faith Church, 639 East 17th Ave, Escondido 92025
- **Rancho Bernardo Tuesday Care Partners:** 2nd & 4th Tuesdays, 1:00 PM-2:30 PM
San Rafael Catholic Church, 17252 Bernardo Center Dr., San Diego 92128
- **San Marcos Tuesday Care Partners:** Every Tuesday, 10:00 AM-12:00 PM
San Marcos Senior Activity Center, 111 Richmar Ave, San Marcos 92069

South San Diego

- **Coronado Wednesday Active Care Partners:** 1st & 3rd Wednesdays, 7:00 PM- 8:30 PM
Coronado Public Library, 640 Orange Ave, Coronado 92118
- **Otay Mesa-Nestor grupo de apoyo en español:** 1er y 3er jueves del mes, 3:30 p.m.-5:00 p.m.
Otay Mesa-Nestor Library, 3003 Coronado Ave, San Diego, CA 92154
También tenemos un grupo en español en línea; consulte la sección "Specialized Groups."