

Alzheimer's | SAN DIEGO Support Group Directory

Current as of 8/28/25 - Please call for latest updates.

Groups are held in-person and virtually - virtual groups can be joined through Zoom or calling in on your phone.

Specialized Support Groups

Adult Children Caregivers: 2nd & 4th Wednesdays, 5:30 PM-7:30 PM

For adult children who are part of the care team caring for a parent/grandparent, step-parent/grandparent, or mother/father/grandparent-in-law.

Bereavement After A Passing Support Group: 1st & 3rd Tuesdays, 1:00 PM-2:30 PM

For caregivers who are grieving the passing of the person they were caring for.

Care Facility Caregivers: 2nd & 4th Thursdays, 10:00 AM-11:30 AM

For caregivers who are part of the care team for someone who is living in a memory care or licensed residential care facility.

Frontotemporal (FTD) & Other Dementias Caregivers: 1st Wednesday, 2:00 PM-3:00 PM

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

For care partners who are caring for someone who is living with dementia related to causes other than Alzheimer's disease such as Frontotemporal, Vascular, or other cause(s).

It's Not Alzheimer's Caregivers: 4th Tuesday, 12:00 PM-1:00 PM

For people caring for someone living with memory loss and diagnosed with something other than Alzheimer's such as Vascular, Lewy-Body, FTD, mixed dementias, or with no diagnosis.

Late Stage Caregivers: 1st & 3rd Wednesdays, 1:00 PM-2:30 PM

For caregivers of someone living with dementia in the late stage whose care requires hands-on assistance with some or all activities of daily living (bathing, dressing, toileting, eating, walking), working with communication difficulties, as well as mentally and emotionally preparing for end of life. Registration required. Please call our office, 858-492-4400, for more information.

Long Distance Caregivers: 4th Thursday, 4:00 PM-5:30 PM

For caregivers who are part of the care team for someone living with dementia where one of the two individuals lives out of San Diego County.

Young Onset Caregivers: 2nd Tuesday, 12:00 PM-1:00 PM

For caregivers who are part of the care team for someone who is living with memory loss at 64 years of age or younger, or had received a diagnosis of dementia at 64 years of age or younger.



For support finding the right group & to sign up,
call **858.492.4400** or visit **alzsd.org/support**



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En Español (Spanish)

Estos grupos están abiertos a cualquier persona que cuide a alguien con Alzheimer u otra demencia.

Plática de apoyo en español en línea: 4to miércoles del mes, 1:00 p.m.-2:00 p.m.

Plática en persona y hora abierta: 1er y 3er jueves del mes

(3:00 p.m.-4:00 p.m.) Asesoría gratuita - sin cita previa / (4:00 p.m.-5:00 p.m.) Plática entre cuidadores

Otay Mesa-Nestor Library, 3003 Coronado Ave, San Diego, CA 92154

치매 가족 간병인 지원 모임 (Korean)

치매 환자 간병은 길고도 힘든 여정이 될 수도 있습니다. 이 지원모임을 통해 정신적인 지원, 치매에 관한 교육, 그리고 간병에 관한 유용한 정보를 제공 받으며 무엇보다 간병인 여러분들 자신을 위한 위로의 시간이 될 것입니다.

참가자 신청은 949-792-3248로 연락 부탁드립니다.

치매 가족 간병인 지원 모임: 매월 첫주 목요일 오전 10:00~11:00 | 비대면/ Zoom | 949-792-3248

Virtual Support Groups

These groups are open to anyone caring for someone with Alzheimer's or another dementia.

Tuesday Groups

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

Wednesday Groups

- **2nd & 4th Wednesday Morning Caregivers:** 10:00 AM-12:00 PM
- **2nd Wednesday Afternoon Caregivers:** 2:00 PM-3:00 PM

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

Thursday Groups

- **1st & 3rd Thursday Evening Caregivers:** 7:00 PM-8:30 PM

Saturday Groups

- **Caregiver Weekend Recharge:** 1st & 3rd Saturdays, 9:00 AM-10:00 AM



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@AlzheimersSD

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In-Person Groups

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Central San Diego

- **Encanto Thursday Caregivers (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 Caregivers:** 4th Wednesday, 10:00 AM-11:30 AM
Ramona Senior Center, 434 Aqua Lane, Ramona, CA 92065

North County Coastal

- **Oceanside Thursday Caregivers:** 1st & 3rd Thursdays, 1:00 PM-3:00 PM
Oceanside Public Library-Mission Branch, 3861 Mission Avenue, Oceanside, CA 92058

North County Inland

- **Escondido Monday Caregivers:** 2nd & 4th Mondays, 10:00 AM-12:00 PM
Park Avenue Community Center - Maple Room, 210 East Park Avenue, Escondido, CA 92025
- **Rancho Bernardo Tuesday Caregivers:** 2nd & 4th Tuesdays, 1:00 PM-3:00 PM
San Rafael Catholic Church, 17252 Bernardo Center Dr., San Diego, CA 92128
- **San Marcos 1st & 3rd Tuesday Caregivers:** 1st & 3rd Tuesdays, 10:00 AM-12:00 PM
San Marcos Senior Center, 111 Richmar Ave, San Marcos, CA 92069
- **San Marcos 2nd & 4th Tuesday Caregivers:** 2nd & 4th Tuesdays, 10:00 AM-11:30 AM
One Safe Place, 1050 Los Vallecitos Blvd #351, San Marcos, CA 92069

South San Diego

- **Coronado Wednesday Active Caregivers:** 1st & 3rd Wednesdays, 7:00 PM-8:30 PM
Coronado Public Library, 640 Orange Ave, Coronado, CA 92118



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