

Support Group Directory

Current as of 2/4/26 - 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

Specialized groups are all held virtually.

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 those who care or are responsible 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 those who care for someone living with dementia in the late stage whose care requires substantial care, 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 those 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 those 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 부탁 드립니다.

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 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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In-Person Groups

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

Central San Diego

- Encanto 4th 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

- Fletcher Hills 2nd & 4th Wednesday Caregivers:** 2nd & 4th Wednesdays, 2:00 PM-3:30 PM
Fletcher Hills Presbyterian Church, 455 Church Way, El Cajon, CA 92020
- Ramona 4th Wednesday Caregivers:** 4th Wednesday, 10:00 AM-11:30 AM
Ramona Senior Center, 434 Aqua Lane, Ramona, CA 92065

North County Coastal

- Oceanside 2nd & 4th Tuesdays Caregivers:** 2nd & 4th Tuesdays, 10:00 AM-11:30 AM
Lighthouse Christian Church, 4700 Mesa Drive, Oceanside, CA 92056

North County Inland

- Escondido 2nd & 4th Monday Caregivers:** 2nd & 4th Mondays, 10:00 AM-11:30 AM
Park Avenue Community Center - Maple Room, 210 East Park Avenue, Escondido, CA 92025
- San Marcos 1st & 3rd Tuesday Caregivers:** 1st & 3rd Tuesdays, 10:00 AM-11:30 AM
One Safe Place North, 1050 Los Vallecitos Blvd #351, San Marcos, CA 92069
- San Marcos 2nd & 4th Tuesday Caregivers:** 2nd & 4th Tuesdays, 10:00 AM-11:30 AM
One Safe Place North, 1050 Los Vallecitos Blvd #351, San Marcos, CA 92069

Groups with Limited or Full Capacity

Call us to inquire about limited capacity groups, or to be added to the interest list for full capacity groups.

Limited Capacity

- Carlsbad 2nd & 4th Tuesdays Active Caregivers
- San Carlos 1st & 3rd Tuesdays Caregivers
- San Diego 1st & 3rd Thursdays Caregivers

Full Capacity

- 2nd & 4th Wednesdays Caregivers (Virtual)
- Adult Children Caregivers (Virtual)
- Coronado 1st & 3rd Wednesdays Active Caregivers
- Men's Caregiver Support Group
- Oceanside 1st & 3rd Thursdays Caregivers
- Rancho Bernardo 2nd & 4th Tuesdays Caregivers