

Alzheimer's | SAN DIEGO Support Group Directory

Current as of 3/18/26 - Please call for latest updates.

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, 3:00-4:00 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
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 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