

SUPPORT GROUPS

for those affected by dementia

Register at alz.org/crf
or call 800.272.3900

DECEMBER 2021

Virtual Support Groups

Hosted online via Zoom or Google Meet.
Register at alz.org/crf or call 800.272.3900 for login information.

Groups for Family Caregivers

Thursday	12/2	10:30 - 12pm
Friday	12/3	10 - 11:30am
Friday	12/3	2:30 - 4pm
Thursday	12/9	7 - 8:30pm
Friday	12/10	9:30 - 11am
Friday	12/10	2:30 - 4pm
Monday	12/13	3 - 4:30pm
Monday	12/13	5:30 - 7pm
Tuesday	12/14	6:30 - 8:30pm
Thursday	12/16	1 - 2:30pm
Friday	12/17	9:30 - 11am
Friday	12/17	10 - 11:30am
Friday	12/17	2:30 - 4pm
Wednesday	12/22	1 - 2:30pm
Thursday	12/23	7 - 8:30pm
Friday	12/24	9:30 - 11am
Monday	12/27	3 - 4:30pm
Tuesday	12/28	6:30 - 8:30pm

Groups for Adult Children Caregivers

Thursday	12/2	9:30 - 11am
Wednesday	12/8	5:30 - 7pm
Thursday	12/16	9:30 - 11am

Groups for Caregivers of those with Younger-Onset dementia

Thursday	12/16	7 - 8:30pm
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Groups for People with Memory Loss

Wednesday	12/1	1 - 2pm
Wednesday	12/8	1 - 2pm

Groups for People with Memory Loss and their Caregivers

Pre-screening required.

Call Jordana Lawrence at 805.261.2189

Thursday	12/2	1 - 2:30pm
Thursday	12/9	1 - 2:30pm
Friday	12/10	9:30 - 11am
Thursday	12/16	1 - 2:30pm

Need help now? Call our 24/7 Helpline at 800.272.3900.

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In-Person Support Groups

Contact the facility directly to ask about current COVID-19 health guidelines.
Register at alz.org/crf or 800.272.3900

Simi Valley Senior Center 3900 Avenida Simi, Simi Valley	Thursday	12/2 & 12.16	10:30 - 12pm
Goebel Senior Center 1385 E Janss Rd, Thousand Oaks	Friday	12/3 & 12/17	9:30 - 11am
Senior Concerns 401 Hodencamp Rd, Thousand Oaks	Friday	12/3	9:30 - 11am
Living Oaks Church 1033 Business Center Cir, Newbury Park	Sunday	12/5 & 12/19	12 - 1:30pm
Covenant of Grace Church 1801 Joliet Place, Oxnard	Tuesday	12/7 & 12/21	2 - 3pm
Aegis of Ventura 4964 Telegraph Rd, Ventura	Tuesday	12/7	5:30 - 7pm
Cypress Place Senior Living 1200 Cypress Point Pl, Ventura	Wednesday	12/8 & 12/22	9:30 - 11am
Grace Bible Church 100 Rodeo Dr., Arroyo Grande	Wednesday	12/8	1 - 2:30pm
Meadowbrook Senior Living 5217 Chesebro Rd, Agoura Hills	Saturday	12/11	10 - 11:30am
Sunrise at Westlake Village 3101 Townsgate Rd, Westlake Village	Saturday	12/11	11 - 12:30pm
Gables of Ojai 701 N Montgomery St, Ojai	Monday	12/13 & 12/27	10 - 11:30am
Pismo Coast Association 1126 E. Grand Ave, Arroyo Grande	Wednesday	12/15	5:30 - 7pm
American Riviera Bank 1601 Spring St, Paso Robles	Friday	12/17	1 - 2:30pm
Oak Cottage Memory Care 1820 De La Vina St, Santa Barbara	Tuesday	12/21	3 - 4:30pm
Coastal Peaks Coffee Shop 3566 S. Higuera St, San Luis Obispo	Tuesday	12/21	10 - 11:30am