

# Alzheimer's | SAN DIEGO Support Group Directory

**Current as of 1/10/25 - Please call for latest updates.**

These groups 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](https://alzsd.org/support).

## 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-12:00 PM

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 Lewy Body, Frontotemporal, Vascular, or other cause(s).

**Late Stage Caregivers:** 1st & 3rd Wednesdays, 1:00 PM-3:00 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.

**Other Dementias Caregivers:** 4th Tuesday, 5:30 PM-7:00 PM

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

**Young Onset Caregivers:** 2nd & 4th Tuesdays, 5:30 PM-7:00 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.



Learn more about our free services  
at [alzsd.org](https://alzsd.org) or call us at 858.492.4400.



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## En Español

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

**Grupo de apoyo en español en línea:** 2do y 4to miércoles del mes, 1:30 p.m.-3:00 p.m.

**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

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## 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-7:30 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*
- **Encinitas Wednesday Caregivers:** 2nd & 4th Wednesdays, 10:00 AM-12:00 PM
- \*Transitioning to in-person at a future date.*

### Thursday Groups

- **1st & 3rd Thursday Evening Caregivers:** 7:00 PM-8:30 PM
- **2nd & 4th Thursday Afternoon Caregivers:** 1:30 PM-3:00 PM
- **Every Thursday Morning Caregivers:** 10:00 AM-12:00 PM

### Saturday Groups

- **1st & 3rd Saturday Morning Caregivers:** 9:30 AM-11:30 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 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 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 92058

### North County Inland

- **Escondido Monday Caregivers:** 2nd & 4th Mondays, 10:00 AM-12:00 PM  
Park Avenue Community Center, 210 East Park Avenue, Escondido 92025
- **Rancho Bernardo Tuesday Caregivers:** 2nd & 4th Tuesdays, 1:00 PM-3:00 PM  
San Rafael Catholic Church, 17252 Bernardo Center Dr., San Diego 92128
- **San Marcos Tuesday Caregivers:** 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 Caregivers:** 1st & 3rd Wednesdays, 7:00 PM-8:30 PM  
Coronado Public Library, 640 Orange Ave, Coronado 92118



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