

# ONLINE MONTHLY AFTERNOON SUPPORT GROUPS

Presented by the Alzheimer's Association®

Support groups are named based on the city they were originally located in, however you are welcome to attend any support group from anywhere in the world. Find the time that works best for you, and call 800.272.3900 for more information.



Due to the COVID-19 pandemic, all support groups will be hosted via phone or video conference instead of in-person. Support groups create a safe, confidential, supportive environment or community and a chance for family caregivers to develop informal mutual support and social relationships as well as discover more effective ways to cope with and care for your loved one.

## Who may benefit from participating in the support group?

Family Caregivers who:

- Care for persons with Alzheimer's disease or another dementia
- Would like to talk to others in similar situations
- Need more information, additional support and caregiving strategies

**FOR MORE INFORMATION  
OR TO REGISTER, PLEASE  
CALL 800.272.3900 OR  
VISIT US ONLINE AT  
ALZ.ORG/CRF**

## MONDAY GROUPS

Noon-1:30 p.m.:

» Morgan Hill

1-3 p.m.:

» Lafayette

## TUESDAY GROUPS

12:30-2 p.m.:

» Sonoma

1-2:30 p.m.:

» Redwood City

» San Carlos

1:30-3:30 p.m.:

» Los Gatos

2:30-4 p.m.:

» Martinez

## WEDNESDAY GROUPS

Noon-1:30 p.m.:

» Livermore

» Reno Adult Children Group\*

» Winnemucca

12:30-2 p.m.:

» Half Moon Bay

» Salinas

» San Rafael Husbands Group

1-2 p.m.:

» Reno Spousal Group

1-2:30 p.m.:

» Carson City

2-3:30 p.m.:

» Santa Cruz\*

2-4 p.m.:

» Oroville

» Richmond

» Yuba-Sutter

## WEDNESDAY GROUPS (CONT.)

2:30-4 p.m.:

» Carson City

2:45-4:15 p.m.:

» Carmichael

3-4:30 p.m.:

» Pleasant Hill

» South Lake Tahoe

## THURSDAY GROUPS

Noon-2p.m.:

» Sacramento

12:30-2 p.m.:

» San Francisco FTD\*\* Group

2-3:30 p.m.:

» Minden/Gardnerville

2-4 p.m.:

» Chico

2:30-4 p.m.:

» Modesto

3-4:30 p.m.:

» Cupertino

» St. Helena\*

3:30-5 p.m.:

» Carmichael

4:30-6 p.m.:

» Mountain View

## FRIDAY GROUPS

1:30-3 p.m.:

» Reno

» Roseville

\* Meets twice a month

\*\* Frontotemporal Dementias (Pick's Disease, FTD, PPA)

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Visit [alz.org/CRF](http://alz.org/CRF) to explore education programs in your area.