

ONLINE MONTHLY EVENING 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](https://www.alz.org/crf)

MONDAY GROUPS

5:30-7 p.m.:

- » San Jose

6-7:30 p.m.:

- » Monterey
- » Union City

7-9 p.m.:

- » San Leandro
- » San Ramon

TUESDAY GROUPS

5:30-7 p.m.:

- » El Dorado Hills

6-7:30 p.m.:

- » San Francisco*
- » San Francisco Early Onset/ Younger-onset Group**
- » Santa Rosa Adult Children Group
- » Stockton

6:15-7:45 p.m.:

- » Albany

6:30-8 p.m.:

- » Woodland

7-8:30 p.m.:

- » Sunnyvale

- * Meets twice a month
- ** For individuals caring for a loved one under the age of 65
- *** Frontotemporal Dementias (Pick's Disease, FTD, PPA)

WEDNESDAY GROUPS

5-6:30 p.m.:

- » San Jose Early Onset/ Younger-onset Group**

5:30-7 p.m.:

- » Napa
- » Santa Cruz*

6-7:30 p.m.:

- » San Francisco
- » San Francisco LGBT Group

6-8 p.m.:

- » San Rafael Adult Children Group

7-8:30 p.m.:

- » Burlingame
- » Rocklin
- » Sacramento FTD*** Group

7-9 p.m.:

- » Berkeley
- » Vacaville

7:30-9 p.m.:

- » Younger Caregiver Group

THURSDAY GROUPS

5-6:30 p.m.:

- » San Francisco Adult Children FTD*** Group

6-7:30 p.m.:

- » Rancho Cordova
- » Google Hangouts Caregiver Group

6-8 p.m.:

- » Redwood City

6:30-8 p.m.:

- » Roseville

7-8:30 p.m.:

- » Brentwood

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Visit [alz.org/crf](https://www.alz.org/crf) to explore education programs in your area.