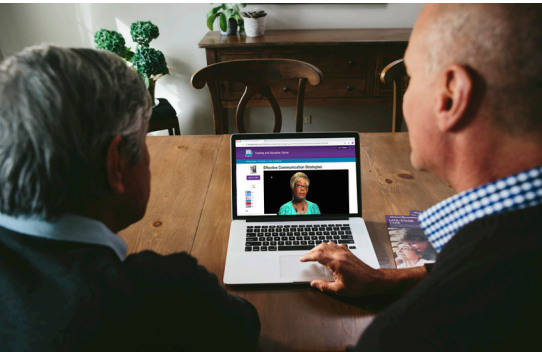


ONLINE MONTHLY MORNING SUPPORT GROUPS

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

10 a.m.–Noon:

- › Sacramento

TUESDAY GROUPS

9:30–11 a.m.:

- › Fresno Spousal/Partner Group

10 a.m.–Noon:

- › San Rafael Wives Group

10–11:30 a.m.:

- › Rocklin

10:30 a.m.–Noon:

- › Oakland Spousal/Partner Group
- › Sunnyvale

10:30 a.m.–12:30 p.m.:

- › Walnut Creek

11 a.m.–12:30 p.m.:

- › San Francisco*

11:30 a.m.–1 p.m.:

- › Sunnyvale

WEDNESDAY GROUPS

10 a.m.–Noon:

- › Novato

10–11:30 a.m.:

- › Elk Grove
- › Fresno
- › Roseville

10:30 a.m.–Noon:

- › Fallon

THURSDAY GROUPS

9–10:30 a.m.:

- › Fairfield

10–11:30 a.m.:

- › Alameda**
- › Gold River LBD*** Group
- › Santa Rafael

10 a.m.–Noon:

- › Santa Rosa Wives Group

10:30 a.m.–Noon:

- › El Dorado
- › Oakland Non-Spousal Group

FRIDAY GROUPS

10–11:30 a.m.:

- › South San Francisco*

10–11 a.m.:

- › Sacramento

10–11:30 a.m.:

- › Folsom

10 a.m.–Noon:

- › Los Gatos

11:30 a.m.–1 p.m.:

- › African American Group

SATURDAY GROUPS

10:30 a.m.–Noon:

- › San Francisco

10–11:30 a.m.:

- › Scotts Valley
- › Sausalito

* Meets twice a month

** Meets weekly

*** Lewy Body Dementia (LBD)

alzheimer's  association®

Visit alz.org/CRF to explore education programs in your area.