PROVIDING EMOTIONAL SUPPORT, EDUCATION, AND COPING STRATEGIES FOR INDIVIDUALS WITH MILD COGNITIVE IMPAIRMENT OR EARLY-STAGE ALZHEIMER’S OR A RELATED DISORDER

Every Wednesday of the month
10:30am - 12:00pm

Pre-registration is required.

Early Stage Support Group meetings assist diagnosed individuals who are in the early stages of Alzheimer’s or a related disorder. These free meetings allow participants to gain new insights, share knowledge and experiences, and express concerns and challenges in a safe, supportive environment. A Concurrent support group is provided for accompanying care partners. There is no obligation to participate in research to be in this support group.

Each group is facilitated by trained professionals and provides:
- Emotional support
- Regular meeting time and location
- Encouraging environment to exchange coping skills
- Up-to-date information about Alzheimer’s disease and related dementias
- Links to community resources

Call (858) 822-4800

Website: adrc.ucsd.edu