Providing emotional support, education, and coping strategies for individuals under 60 years old with Alzheimer’s or a related disorder.

1st Thursday of every month
10:30am - 12:00pm

Pre-registration is required.

Young Onset Support Group meetings assist diagnosed individuals who are in the early stage of Alzheimer’s or a related disorder and under age 60. These free meetings allow younger participants to gain new insights, share knowledge and experiences, and express concerns and challenges in a safe, supportive environment.

Each group is facilitated by a trained professional and provides:
- Emotional support
- Regular meeting time and location
- Encouraging environment to exchange coping skills
- Up-to-date information about research and treatment
- Links to community resources

Call (858) 822-4800 and ask for Tracey Truscott, LCSW

Website: adrc.ucsd.edu