Providing emotional support, education, and coping strategies for caregivers of individuals with Alzheimer’s or a related dementia.

2nd Wednesday of the month
2:00pm - 3:30pm

Pre-registration is required.

Caregiver Support Group meetings assist family members and care partners who are facing the challenges of Alzheimer’s or a related dementia. These free meetings allow 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 Alzheimer’s disease and related dementias
- Links to community resources
- Co-sponsored by Alzheimer’s San Diego

Call (858) 822-4800

Website: adrc.ucsd.edu