



## CAREGIVER SUPPORT GROUPS

All meetings are free and open to caregivers and family members of individuals with dementia. For more information, please contact the facilitator of the group.

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### Hillcrest\*\*

Facilitated by Marge Galante, RN, BSN, Program Director

Meets every Wednesday  
3 to 4:30pm  
3702 Fourth Avenue, San Diego  
(619) 543 – 4704

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### Hillcrest Younger Caregivers

*Co-sponsored with the UCSD Shiley-Marcos Alzheimer's Disease Research Center & the Alzheimer's Association*

Facilitated by Frances Martinez-Goodrich, MSW

Meets on the 2<sup>nd</sup> Wednesday of every month  
6:30 to 8:30pm  
3702 Fourth Avenue, San Diego  
(858) 822 – 4800

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### Hillcrest Evening

*Co-sponsored with the Alzheimer's Association*

Facilitated by Gloria Baker, MEd, RCFE, Director of Programs and Development

Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month  
6 to 7:30pm  
3702 Fourth Avenue, San Diego  
(619) 543 – 4700 ext. 305

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### South Bay\*\*

Facilitated by Bernice Molina, MSW, Program Director

Meets every Wednesday  
3 to 4:30pm  
280 Saylor Drive, Chula Vista  
(619) 420 – 1703

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### Escondido

*Co-sponsored with the Alzheimer's Association*

Facilitated by Sheila Argeanton, BS, Program Director

Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month  
10am to 12pm  
Redwood Elderlink  
1151 S. Redwood Street, Escondido  
(760) 635 – 1895

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### Encinitas\*\*

*Co-sponsored with the Alzheimer's Association*

Facilitated by Sheila Argeanton, BS, Program Director

Meets every Wednesday  
10 to 11:30am  
Inside Silverado Senior Living  
335 Saxony Road, Encinitas  
(760) 635 – 1895

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\*\* Respite care provided free of charge during meeting. Please call in advance to reserve space for your loved one.