

General Caregiver Support Groups

Alpine 1 st Wednesday, 2:00-3:30 pm * Alpine Community Center 1830 Alpine Blvd.	El Cajon (Christian) 2 nd Thurs. 7-8:30 pm * Shadow Mountain Community Church 2151 Greenfield Drive Family Ministry Building	**Encinitas 3 rd Thursday 10:00-11:30 am * Somerford Place 1350 S. El Camino Real	Lemon Grove 3 rd Tues, 10:00-11:00 am Sungarden Terrace 2045 Skyline Drive	Poway 3 rd Wednesday 6:30-8:00 pm Belmont Village 13075 Evening Creek Dr So
Chula Vista 3 rd Wednesday 6-7:00 pm Sunrise at Bonita 3302 Bonita Rd.	El Cajon 1 st Thursday, 10:00-11:30am First United Methodist Church-Fellowship Hall 772 S. Johnson	Escondido 3 rd Wednesday, 1:30-3:00pm Joslyn Senior Center Dorothy E. Boeger Bldg. 728 N. Broadway	North Park 2 nd & 4th Thurs. 10:30am-Noon * Scott Memorial Community Church 4645 Oregon	Ramona 3 rd Wed. 10:00 –11:30 AM Ramona Senior Center 434 Aqua Lane
Carlsbad 3 rd Thursday 5:30-6:30 pm * Sunrise at LaCosta 7020 Manzanitas St.	Encanto - (Christian) 4 th Friday, 6:00-7:30 pm * Bay View Baptist Church 6134 Benson Ave-Rm M108	Escondido 3 rd Thursday, 4:00-5:30 pm * Las Villas del Norte 1325 Las Villas Way	Oceanside 2 nd Wed. 1:30-3:00 pm Oceanside Senior Center 455 Country Club Lane * by Redwood Elderlink	San Carlos 1 st and 3 rd Tuesdays 10:00-11:30 am San Carlos Methodist Church 6554 Cowles Mtn. Blvd.
**Carlsbad 3 rd Thursday 5:30-6:30 pm * Sunrise at LaCosta 7020 Manzanitas St.	**Encinitas Every Wed. 10:00-11:30 am * George G. Glenner Alzheimer's Family Center 335 Saxony Road	**Escondido 1 st & 3 rd Thurs, 10-11:30 am Redwood Elderlink 1151 S. Redwood	Point Loma 3 rd Tuesday, 10:00-11:30 am * Sharp Cabrillo Senior Resource Center 3475 Kenyon Street	San Marcos 2 nd Tuesday, 6:30-8:00 pm * Silvergate San Marcos 1550 Security Place
Clairemont / La Jolla 1 st Thursday 1:00-2:30 pm Clairemont Lutheran Church 4271 Clairemont Mesa Blvd.	La Mesa 2 nd Wednesday, 7:00-8:30 pm San Diego Rehab. Institute 3 rd Floor Conference Room 6645 Alvarado Road	La Mesa 2 nd Wednesday, 10:00-11:30 am * Sharp Cabrillo Senior Resource Center 3475 Kenyon Street	Vista Every Thurs., 1:30-3:30 pm Arcadia Place 1080 Arcadia Ave.	On-Line Support Group www.eldercare.uniontrib.com/ support_group.cfm

Specialized Support Groups

Early Stage Patients: - *Pre-registration Required*

(1) Downtown Every Wednesday 10:00-11:00 am * LivHOME Amy Abrams Call (858) 692-8100	(3) Escondido Every Tuesday 9:30-11:00 am * Redwood Elderlink Call (760) 480-1030	(4) La Jolla Every Wednesday 10:30 am - 12:00 noon * ADRC / UCSD Call (858) 622-5800
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All groups are free, open to the public and of no religious affiliation (except where otherwise designated).

March 1, 2005 Update.

Early Stage Caregivers

Hillcrest / Downtown 1 st Wednesday 10:00-11:15 am 2250 Fourth Ave., Ste. 200	Younger Caregivers (60 years or younger) Hillcrest *New Day* 2 nd Wednesday, 6:30-8:00 pm Call (858) 622-5800
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Spanish Speaking Groups

San Ysidro Every Tues. 10:00-11:30 am * Casa Familiar Recreation Center I 212 E. Park Ave.	For Imperial Valley info Call (760) 335-3725
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