

# CAREGIVER SUPPORT GROUP

Mission Valley-Presented by the Alzheimer's Association®



**Third Thursday of each month**

**11:30 a.m.—1:00 p.m.**

**First United Methodist Church**

**2111 Camino del Rio South**

**San Diego, CA 92108**

Click [here](#) or call to register:

**800.272.3900**

Visit [alz.org/CRF](http://alz.org/CRF) to learn more about caregiver programs and resources.

To further extend your network of support, visit ALZ connected®, our online community, at [alzconnected.org](http://alzconnected.org).

Hosted by:

 **FIRST CHURCH**  
FIRST UNITED METHODIST CHURCH of SAN DIEGO

Build a support system with people who share the same situation.

Alzheimer's Association® Support Groups, led by trained facilitators, are a safe place for care partners of people living with dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk about problems and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

 **ALZHEIMER'S  
ASSOCIATION**

San Diego / Imperial Chapter