

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

To register: Scan the QR code

or call 800.272.3900

Facilitator: Allison Gutteridge

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



Hosted by:

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