

Support Group Purpose and Goals

To gather in a safe, supportive,
caring and understanding
environment

To learn more about dementia
and about helpful resources

To share our caregiving
experiences, wisdom
and encouragement

To express our thoughts
and feelings

To learn skills and strategies
for self-care

To help each other through the
caregiving process

alzheimer's  association™

the compassion to care, the leadership to conquer

If you would like to join a
support group, please call (805)
892-4259 to confirm times and
locations.

All facilitators have training
from the California Central Coast
Alzheimer's Association.

www.alz.org/cacentralcoast

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santa barbara county
support groups
for
those affected by
memory loss



Santa Barbara Regional Office

1528 Chapala St., Suite 204
Santa Barbara, CA 93101
(805) 892-4259

24-hour Helpline
1 (800) 272-3900

Santa Barbara

Adult Child

Alzheimer's Association Office
1528 Chapala St., 2nd Floor Conference Rm.
First Monday of each month
5:30 - 7 p.m.

Spouse Caregivers

Grace Lutheran Church
3869 State St.
Third Tuesday of each month
3 - 4:30 p.m.

Early Stage Group for Persons with Memory Loss (and their caregivers)

First and Third Wednesday of each month
2 - 3:30 p.m.
Reservations required to attend
Call (805) 892-4259 for location and to R.S.V.P.

General Interest (open to all)

Heritage House
5200 Hollister Ave.
First Tuesday of each month
5:30 - 7 p.m.

Santa Barbara

General Interest (open to all)

Friendship Adult Day Center
89 Eucalyptus Road
First and Third Wednesday of each month
10 - 11:30 a.m.

Free Onsite Respite Care:

Call the Friendship Center the day before
to reserve: (805) 969-0859

Bereavement Group

Not currently in progress, but please call
if you have a need.



**CALL (805) 892-4259
FOR DETAILS**

Santa Ynez Valley

General Interest (open to all)

Solvang Friendship House
880 Friendship Lane
First and Third Tuesday of each month
2 - 3:30 p.m.

Santa Maria

Family Caregiver

Wisdom Center
1414 N. Broadway
First and Third Friday of each month
10:30 a.m. - noon

Free Onsite Respite Care:

Call Wisdom Center for respite care:
(805) 354-5326

Orcutt

General Interest (open to all)

Magnolia
4620 Song Lane
Second Tuesday of each month
6 - 7:30 p.m.
Call (805) 937-3332 for details