

DEMENTIA FAMILY CAREGIVER SUPPORT GROUP

La Jolla - Presented by the Alzheimer's Association ®



**3rd Thursday of the Month
10:30 AM - 12:00 PM**

**Cheer Home Care
5622 La Jolla Blvd,
La Jolla, CA 92037**

**To register: scan QR code
or call (858) 868-5500**

Walk-Ins Welcome

Facilitator: Michelle Wile, MSW



**ALZHEIMER'S
ASSOCIATION**
San Diego/ Imperial Chapter

**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.

Hosted by:



cheer®
concierge home health care

Visit alz.org/CRF to learn more about caregiver programs and resources.

**To further extend your network of support, visit ALZ connected®,
or call the 24/7 hotline at (800) 272 -3900.**