

# Are you a caregiver for someone with memory loss?

## Want someone to talk to?



If you are a family caregiver or a friend of a person with dementia, the following informal meetings offer **resources for problem solving, educational information**, as well as **emotional support**.

They are a place where people can **share their experiences and feelings** and hear from others in similar situations.

**You are not alone on this journey.** Come as you are and meet other caregivers with related concerns.

- Meetings are free of charge and available for family caregivers and friends of persons with dementia (*not appropriate for professional caregivers*)
- For additional information please call the facilitator or the sponsoring organization
- For other inquiries please call Alzheimer's Orange County at 844-435-7259

### DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS

Location	Date/Time	Sponsor/ Facilitator
<b>Anaheim – Dementia/Alzheimer's Support Group</b> Downtown Anaheim Senior Center Anaheim, CA 92805 (Meets in Board Room)	1 <sup>st</sup> Wednesday 1:00 – 2:30 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Senior Center 714-765-4510
<b>Brea – Dementia/Alzheimer's Support Group</b> Oakmont at Capriana 460 S. La Floresta, Brea, CA 92823	2 <sup>nd</sup> Tuesday 7:00 p.m.	Alzheimer's Association 800-272-39010
<b>Buena Park – Dementia/Alzheimer's Support Group</b> Buena Park Senior Activity Center (in Walter Ehlers Community Recreation Center) 8150 Knott Ave., Buena Park, CA 90620 <i>Free Respite Care available, call Adult Day Center</i>	3 <sup>rd</sup> Friday 10:30 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Adult Day Center: 714-826-3163
<b>Corona del Mar – General Caregiver Support Group</b> Oasis Senior Center 801 Narcissus Ave., Corona Del Mar, CA 92625	2 <sup>nd</sup> & 4th Wednesday 10:00 a.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 Caregiveroc.org

## DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS continued

Location	Date/Time	Sponsor/ Facilitator
<b>Costa Mesa – Dementia/Alzheimer's Support Group</b> Costa Mesa Senior Center 695 W 19th St., Costa Mesa, CA 92627 (Upstairs Room 202, check-in main lobby)	1 <sup>st</sup> Friday 1:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Senior Center 714-327-7550
<b>Costa Mesa – Dementia/Alzheimer's Support Group</b> Silverado Newport Mesa 351 W. Bay St., Costa Mesa, CA 92627	3 <sup>rd</sup> Sunday 1:30 – 3:00 p.m.	Silverado Care 949-631-2212
<b>Cypress – Dementia/Alzheimer's Support Group</b> Cypress Senior Center 9031 Grindlay St., Cypress, CA 90630 (Conference Room)	3 <sup>rd</sup> Wednesday 1:30 & 7:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Senior Center 714-229-2005
<b>Fountain Valley – Dementia/Alzheimer's Support Group</b> Center at Founders Village Senior/Community Center 17967 Bushard St., Fountain Valley, CA 92708 (Upstairs, check-in main lobby)	2 <sup>nd</sup> Thursday 1:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Center 714-593-4446
<b>Fullerton – Dementia/Alzheimer's Support Group</b> Fullerton Community Center 340 W Commonwealth Ave. Fullerton, CA 92835 (Classroom 1A)	1 <sup>st</sup> & 3 <sup>rd</sup> Monday 1:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Community Center 714-738-6575
<b>Fullerton – General Caregiver Support Group</b> St. Jude Community Services Building 130 W. Bastanchury Rd., Fullerton, CA 92835	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 10:00 - 11:30 a.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 caregiveroc.org
<b>Fullerton – General Caregiver Support Group</b> St. Jude Community Services Building 130 W. Bastanchury Rd., Fullerton, CA 92835	4 <sup>th</sup> Tuesday 6:30 – 8:00 p.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 caregiveroc.org
<b>Garden Grove – Dementia/Alzheimer's Support Group</b> Brookdale Garden Grove 10200 Chapman Ave., Garden Grove, CA 92840	Last Wednesday 6:00 p.m.	Alzheimer's Association 800-272-3900
<b>Huntington Beach – Dementia/Alzheimer's Support Group</b> Senior Center in Central Park 18041 Goldenwest St., Huntington Beach, CA 92648	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 6:30 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Senior Center 714-536-5600
<b>Huntington Beach – Dementia/Alzheimer's Support Group</b> Alzheimer's Family Services 9451 Indianapolis Ave., Huntington Beach, CA 92646	2 <sup>nd</sup> & 4 <sup>th</sup> Wed. 6:00 p.m.	Alzheimer's Family Center 800-272-3900
<b>Irvine – Dementia/Alzheimer's Support Group</b> Irvine Adult Day Health Services 20 Lake Rd., Irvine, CA 92604 <b>*No group meetings on 11/27 and 12/25</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Wed. 3:30 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Irvine Adult Day 949-262-1123
<b>Irvine - Men's Caregiver Support Group</b> Alzheimer's Orange County 2515 McCabe Way, Irvine, CA 92614	2 <sup>nd</sup> Tuesday 6:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758

## DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS continued

Location	Date/Time	Sponsor/ Facilitator
<b>Laguna Beach – Dementia/Alzheimer's Support Group</b> Susi Q Senior Center 380 3rd St., Laguna Beach, CA 92651 (Park in structure)	1 <sup>st</sup> Wednesday 1:30 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Susi Q 949-464-6645
<b>Laguna Hills – General Caregiver Support Group</b> Florence Sylvester Memorial Senior Center 23721 Moulton Pkwy., Laguna Hills, CA 92653	1 <sup>st</sup> & 3 <sup>rd</sup> Wed. 10:00 -11:30 a.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 caregiveroc.org
<b>Laguna Woods – Dementia/Alzheimer's Support Group</b> South County Adult Day Services 24260 El Toro Rd., Laguna Woods, CA 92637 (Also open to non-dementia caregivers) <i>Free Respite Care available during meetings, call facility</i>	3 <sup>rd</sup> Wednesday 1:30 p.m.	So. County Adult Day 949-855-9444 Kathy Carchidi 949-757-3758
<b>Los Alamitos – General Caregiver Support Group</b> Cottonwood Church-Building C, Room C111 4505 Katella Avenue, Los Alamitos, CA 90720 Park in lot 1 or 2	1 <sup>st</sup> Tuesday 2:30 p.m.	Alzheimer's Association 800-272-3900
<b>Orange – Dementia/Alzheimer's Support Group</b> First Christian Church of Orange 1130 E Walnut Ave, Orange, CA 92867 (Fireside Room, across from Sanctuary)	3 <sup>rd</sup> Tuesday 7:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 First Christian 714-538-9681
<b>Orange – Dementia/Alzheimer's Support Group</b> Alzheimer's Association 770 The City Drive South, Ste. 7400 (7 <sup>th</sup> Floor) Orange, CA 92868	3 <sup>rd</sup> Thursday 1:00 p.m.	Alzheimer's Association 800-272-3900
<b>Orange – General Caregiver Support Group</b> Park Plaza 620 Glassell St., Orange, CA 92886	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 7:00 - 8:30 p.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 caregiveroc.org
<b>Placentia – Dementia/Alzheimer's Support Group</b> Placentia-Linda Hospital 1301 N Rose Dr., Placentia, CA 92870	4 <sup>th</sup> Monday 7:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Hospital 714-993-2000
<b>Rancho Santa Margarita – Dementia/Alzheimer's Support Group</b> Bell Tower Regional Community Center 22232 El Paseo, Rancho Santa Margarita, CA 92688	1 <sup>st</sup> Friday 1:00 p.m.	Bell Tower Regional Community Center Kathy Carchidi 949-757-3758 Community Center 949-216-9700
<b>San Clemente – Dementia/Alzheimer's Support Group</b> RIO - San Clemente ADHC 2021 Calle Frontera, San Clemente, CA 92673	3 <sup>rd</sup> Friday 10:00 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 RIO San Clemente 949-498-7671
<b>San Clemente – Dementia/Alzheimer's Support Group</b> Dorothy Visser Senior Center 117 Avenida Victoria, San Clemente, CA 92672	1 <sup>st</sup> Thursday 11:00 a.m.	Alzheimer's Association 800-272-3900

## DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS continued

Location	Date/Time	Sponsor/ Facilitator
<b>San Juan Capistrano – Dementia/Alzheimer's Support Group</b> Silverado Senior Living 30311 Camino Capistrano, San Juan Cap., CA 92675 <i>Free Respite Care available during meetings, call facility</i>	3 <sup>rd</sup> Wednesday 10:00 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Silverado 949-240-0550
<b>San Juan Capistrano – Dementia/Alzheimer's Support Group</b> San Juan Capistrano Community Center 25925 Camino Del Avion, San Juan Capistrano, CA 92675	3 <sup>rd</sup> Thursday 3:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Community Center 949-493-5911
<b>Seal Beach – Dementia/Alzheimer's Support Group</b> The Health Care Center on Golden Rain (Leisure World) 1661 Golden Rain Rd., Seal Beach, CA 90740	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday 10:00 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Heath Center 562-493-9581
<b>Tustin – Dementia/Alzheimer's Support Group</b> Tustin Senior Center (Enter Main Lobby) 200 South C St., Tustin, CA 92780	2 <sup>nd</sup> Tuesday 3:30 p.m. 4 <sup>th</sup> Monday 10:00 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Senior Center 714-573-3340
<b>Tustin – Dementia/Alzheimer's Support Group</b> Silverado Tustin Hacienda 240 E. Third St., Tustin, CA 92780	3 <sup>rd</sup> Wednesday 3:30 – 5:00 p.m.	Silverado Care 714-832-7900 tustinhacienda@silveradocare.org

## FAITH BASED DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS

Location	Date/Time	Sponsor/ Facilitator
<b>Garden Grove – Dementia/Alzheimer's Support Group</b> Diocese of Orange Pastoral Center 13280 Chapman Ave., Garden Grove, CA 92840 (Mercy Center, Room 1D) <b>*No meeting in December</b>	4 <sup>th</sup> Wednesday 2:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Diocese 714-282-3000
<b>Lake Forest – Dementia/Alzheimer's Support Group</b> Saddleback Church 1 Saddleback Pkwy, Lake Forest, CA 92630 (Room 312)	1 <sup>st</sup> & 3 <sup>rd</sup> Monday 7:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Saddleback 949-609-8000
<b>Newport Beach – Dementia/Alzheimer's Support Group</b> Our Lady Queen of Angles Catholic Church 2046 Mar Vista Dr., Newport Beach, CA 92660 (Parish Center Staff Lounge)	1 <sup>st</sup> Tuesday 7:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Our Lady 949-644-0200
<b>Newport Beach – Dementia/Alzheimer's Support Group</b> St. Andrew's Presbyterian Church 600 St Andrews Rd, Newport Beach, CA 92663 (Room B016)	3 <sup>rd</sup> Tuesday 3:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 St. Andrew's 949-631-2880
<b>Orange – Dementia/Alzheimer's Support Group</b> St. Paul's Lutheran Church 1250 E Heim Ave, Orange, CA 92865 (Room 4 (Sewing), enter off canal parking lot)	1 <sup>st</sup> Tuesday 5:30 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 St. Paul's 714-637-2640

## FAITH BASED DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS continued

Location	Date/Time	Sponsor/ Facilitator
<b>Santa Ana – Dementia/Alzheimer's Support Group</b> Trinity United Presbyterian Church 13922 Prospect Ave, Santa Ana, CA 92705 (Samaritan Care Center)	1 <sup>st</sup> Thursday 2:30 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Trinity United 714-544-7850

## DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS IN OTHER LANGUAGES

Location	Date/Time	Sponsor/ Facilitator
<b>Anaheim - Spanish Speaking Support Group</b> St. Boniface Catholic Church 120 N. Janss St., Anaheim, CA 92805	1 <sup>st</sup> Wednesday 10:00 a.m.	Alzheimer's Orange County Norma Castellano 949-757-3767 St. Boniface 714-956-3110
<b>Anaheim – Korean Speaking Support Group</b> West Anaheim United Methodist Church 2045 W. Ball Rd., Anaheim, CA 92804	3 <sup>rd</sup> Wednesday 10:00 a.m.	Somang Society 562-977-4580 Alzheimer's Orange County 949-757-3758
<b>Anaheim – Mandarin Speaking Support Group</b> Anaheim Senior Center 250 E Center Street, Anaheim, CA 92805	3 <sup>rd</sup> Wednesday 1-2:30 p.m.	Alzheimer's Orange County Anaheim Senior Center Kathy Carchidi 949-757-3758 Center 714-765-4510
<b>Fullerton – Korean Speaking Support Group</b> Fullerton Community Center 340 W. Commonwealth Ave., Fullerton, CA 92863	1 <sup>st</sup> Friday 10:00 a.m.	Somang Society 562-977-4580 Alzheimer's Orange County Mihye Lee 213-703-0527
<b>Garden Grove – Korean Speaking Support Group</b> Acacia Adult Day Health Center 11391 Acacia Pkwy, Garden Grove, CA 92840	3 <sup>rd</sup> Thursday 2:30 p.m.	Somang Society 562-977-4580 Acacia/Alzheimer's Orange County Kate Koo 714-530-1566, Ext. 235
<b>Garden Grove - Vietnamese Speaking Support Group</b> Wesley Village (Senior Building B, 1 <sup>st</sup> floor) 10882 Stanford Ave., Garden Grove CA 92840	2 <sup>nd</sup> Thursday 10:00 a.m.	Alzheimer's Orange County Tiffany Phoung 657-236-5032
<b>Garden Grove - Vietnamese Speaking Support Group</b> Acacia Adult Day Services 11392 Acacia Pkwy., Garden Grove, CA 92840	3 <sup>rd</sup> Tuesday 5:30 – 7:00 p.m.	Family Caregiver Resource Center 714-451-5120, 800-543-8312
<b>Garden Grove - Spanish Speaking Support Group</b> Acacia Adult Day Services 11392 Acacia Pkwy., Garden Grove, CA 92840	2 <sup>nd</sup> Wednesday 3:00 – 4:30 p.m.	Alzheimer's Orange County 949-757-3758 Lou Rodriguez 714-530-1566 ext 224
<b>Irvine - Farsi Speaking Support Group</b> Alzheimer's Orange County 2515 McCabe Way, Irvine, CA 92614	2 <sup>nd</sup> Tuesday 6:00 p.m.	Alzheimer's Orange County Sara Kachineh 949-502-4721
<b>Irvine - Korean Speaking Support Group</b> Alzheimer's Orange County 2515 McCabe Way, Irvine CA 92614	2 <sup>nd</sup> Tuesday 7:00 p.m.	Alzheimer's Orange County Erin Kim, LCSW 951-809-3007

## DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS IN OTHER LANGUAGES continued

Location	Date/Time	Sponsor/ Facilitator
<b>Irvine - Korean Speaking Support Group</b> Bethel Church 18700 Harvard Ave., Irvine, CA 92612	1 <sup>st</sup> Thursday 10:00 a.m.	Somang Society 562-977-4580 Alzheimer's Orange County 949-757-3758
<b>Irvine - Mandarin Chinese Speaking Support Group</b> Irvine Chinese School South Coast Chinese Cultural Center 9 Truman St., Irvine, CA 92620 (Classroom #205)	1 <sup>st</sup> Saturday 10:30 a.m.	Ruobing Li 949-824-2147 or 714-386-0511 Wenjing Huang 213-999-5136
<b>Santa Ana - Spanish Speaking Support Group</b> South Coast Global Medical Center 2701 S. Bristol St., Santa Ana, CA 92704 (Conference Room A-B)	2 <sup>nd</sup> Wednesday 6:00 p.m.	Alzheimer's Orange County Norma Castellano 949-757-3767 Hospital 714-754-5454
<b>Santa Ana - Spanish Speaking Support Group</b> Santa Ana VIP, # K-M 1101 S. Grand Ave., Santa Ana, CA 92705	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 4:30 – 6:00 p.m.	Family Caregiver Resource Center caregiveroc.org 714-446-5030, 800-543-8312
<b>Tustin – Spanish Speaking Support Group</b> Tustin Senior Center 200 S. St., Tustin, CA 92780	3 <sup>rd</sup> Wednesday 9:30 – 11:00 a.m.	Family Caregiver Resource Center caregiveroc.org 714-446-5030, 800-543-8312
<b>Tustin – Japanese Speaking Support Group</b> OCJAA Meeting Room 17332 Irvine Blvd., Suite 160 Tustin, CA 92780	3 <sup>rd</sup> Saturday 1:00 – 3:00 p.m.	Orange County Japanese American Association 714-730-3551

## SPECIALIZED MEETINGS

Type/Location	Date/Time	Sponsor/ Facilitator
<b>Anaheim – Grief and Bereavement Support Group</b> St. Joseph Health 200 W. Center St., Promenade, Suite 200B Anaheim, CA 92805	Every Wednesday 6:30 – 8:00 p.m.	St. Joseph Health Janyce Lawson, MA 714-712-1729 Janyce.Lawson@stjoe.org
<b>Fountain Valley – Parkinson's Disease Caregiver Group</b> Orange Coast Memorial Health and Wellness Pavilion 18035 Brookhurst St., Fountain Valley, CA 92708 (West Coast Conference Room)	3 <sup>rd</sup> Thursday 9:30 – 10:30 a.m.	714-378-5022
<b>Fountain Valley – Parkinson's Disease Caregiver Group</b> Orange Coast Memorial Health and Wellness Pavilion 18035 Brookhurst St., Fountain Valley, CA 92708 (West Coast Conference Room)	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday 10:00 – 11:30 a.m.	714-378-5022
<b>Fullerton – Grief and Bereavement Support Group</b> St. Jude Community Services Building 130 W. Bastanchury Rd., Fullerton, CA 92835	Every Wednesday 1:30 – 3:00 p.m.	Registration: 877-459-3627, #3 Questions: Bill Boyan 714-871-3280, ext. 2330
<b>Fullerton – Stroke Support Group</b> St. Jude Community Services Building 130 W. Bastanchury Rd., Fullerton, CA 92835	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 1:30 – 3:00 p.m.	RSVP: 888-794-9466

## SPECIALIZED MEETINGS *continued*

Type/Location	Date/Time	Sponsor/ Facilitator
<b>Irvine - Caregivers of Lewy Body &amp; Frontotemporal Dementia</b> Alzheimer's Orange County 2515 McCabe Way, Irvine CA 92614	3 <sup>rd</sup> Tuesday, 1:00 p.m.	Alzheimer's Orange County Donna Velarde, LCSW 949-757-3759
<b>Irvine – After Alzheimer's Bereavement Support Group</b> Alzheimer's Orange County 2515 McCabe Way, Irvine CA 92614	2 <sup>nd</sup> Friday 10:30 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758
<b>Irvine – Huntington's Disease Caregiver Group</b> Irvine Presbyterian Church 4445 Alton Pkwy., Irvine, CA 92604	2 <sup>nd</sup> Sunday 6:00 – 8:00 p.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 caregiveroc.org
<b>Laguna Hills – Stroke Caregiver Group</b> RTH Stroke Foundation 23382 Mill Creek Dr., Suite 110, Laguna Hills CA 92653	2 <sup>nd</sup> and 4th Monday 1:30 – 3:00 p.m.	Tiffanie Hylland tiffanieh@rthfoundation.org
<b>Lake Forest – Parkinson's Disease Caregiver Group</b> Saddleback Church Plaza Building (Room 102) 1 Saddleback Way, Lake Forest, CA 92630	4th Wednesday 2:00 – 4:00 p.m.	Lee & Nancy Penney 949-293-8520
<b>Newport Beach – Grief and Bereavement Support Group</b> Patty & George Hoag Cancer Center, Bldg 41 1 Hoag Dr., Newport Beach, CA 92663	Every Wednesday 5:30 – 7:00 p.m.	949-7-CANCER hoag.org/cancersupport
<b>Newport Beach – Parkinson's Disease Caregiver Group</b> Hoag Health Center, Conference Room 2 520 Superior Way, Newport Beach, CA 92663	1 <sup>st</sup> Monday 10:30 a.m. – 12:00 p.m.	Tina Precht or Mignone Trenary 949-764-6998
<b>For Individuals with Early Memory Loss</b> (and their care partners) Garden Grove, Irvine and Laguna Woods	Time-limited series Dates/times vary <i>Pre-registration                      required</i>	Alzheimer's Orange County Donna Velarde, LCSW 949-757-3759

Updated 01.06.20