

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
Anaheim – Dementia/Alzheimer's Support Group Downtown Anaheim Senior Center Anaheim, CA 92805 (Meets in Board Room)	1 st Wednesday 1:00 – 2:30 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758
Anaheim – Dementia/Alzheimer's Support Group SeniorServ Anaheim ADHC, 1158 N. Knollwood Circle Anaheim, CA 92801	3 rd Tuesday 5:00-6:00 p.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 caregiveroc.org
Brea – Dementia/Alzheimer's Support Group Oakmont at Capriana 460 S. La Floresta, Brea, CA 92823	2 nd Tuesday 7:00 p.m.	Alzheimer's Association 800-272-39010
Buena Park – Dementia/Alzheimer's Support Group Buena Park Senior Activity Center (in Walter Ehlers Community Recreation Center) 8150 Knott Ave., Buena Park, CA 90620 Free Respite Care available, call Adult Day Center	3 rd Friday 10:30 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Adult Day Center: 714-826-3163

DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS continued

Location	Date/Time	Sponsor/ Facilitator
Corona del Mar – <i>Dementia/Alzheimer's Support Group</i> Oasis Senior Center 801 Narcissus Ave., Corona Del Mar, CA 92625	1 st & 3 rd Wednesday 10:00 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 OASIS 949-644-3244
Corona del Mar – <i>General Caregiver Support Group</i> Oasis Senior Center 801 Narcissus Ave., Corona Del Mar, CA 92625	2 nd & 4 th Wednesday 10:00 a.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 Caregiveroc.org
Costa Mesa – <i>Dementia/Alzheimer's Support Group</i> Costa Mesa Senior Center 695 W 19th St., Costa Mesa, CA 92627 (Upstairs Room 202, check-in main lobby)	1 st Friday 1:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Senior Center 714-327-7550
Costa Mesa – <i>Dementia/Alzheimer's Support Group</i> Silverado Newport Mesa 351 W. Bay St., Costa Mesa, CA 92627	3 rd Sunday 1:30 – 3:00 p.m.	Silverado Care 949-631-2212
Cypress – <i>Dementia/Alzheimer's Support Group</i> Cypress Senior Center 9031 Grindlay St., Cypress, CA 90630 (Conference Room)	3 rd Wednesday 1:30 & 7:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Senior Center 714-229-2005
Cypress – <i>High School Discussion Group</i> St. Irenaeus School 9201 Grindlay St., Cypress, CA 90630 (Room #8)	3 rd Wednesday 7:00 p.m.	TEXT: Emily Jenkins 562-754-1313 Kathy Carchidi 949-757-3758
Fountain Valley – <i>Dementia/Alzheimer's Support Group</i> Center at Founders Village Senior/Community Center 17967 Bushard St., Fountain Valley, CA 92708 (Upstairs, check-in main lobby)	2 nd Thursday 1:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Center 714-593-4446
Fullerton – <i>Dementia/Alzheimer's Support Group</i> Fullerton Community Center 340 W Commonwealth Ave. Fullerton, CA 92835 (Classroom 1A)	1 st & 3 rd Monday 1:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758
Fullerton – <i>General Caregiver Support Group</i> St. Jude Community Services Building 130 W. Bastanchury Rd., Fullerton, CA 92835	2 nd & 4 th Wednesday 10:00 - 11:30 a.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 caregiveroc.org
Fullerton – <i>Millennials Support Group, Ages 18-35</i> St. Jude Community Services Building 130 W. Bastanchury Rd., Fullerton, CA 92835	3 rd Tuesday 6:30 – 8:00 p.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 caregiveroc.org
Fullerton – <i>General Caregiver Support Group</i> St. Jude Community Services Building 130 W. Bastanchury Rd., Fullerton, CA 92835	4 th Tuesday 6:30 – 8:00 p.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 caregiveroc.org
Garden Grove – <i>Dementia/Alzheimer's Support Group</i> Brookdale Garden Grove 10200 Chapman Ave., Garden Grove, CA 92840	Last Wednesday 6:00 p.m.	Alzheimer's Association 800-272-3900

DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS continued

Location	Date/Time	Sponsor/ Facilitator
Huntington Beach – Dementia/Alzheimer's Support Group Senior Center in Central Park 18041 Goldenwest St., Huntington Beach, CA 92648	1 st & 3 rd Tuesday 6:30 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Senior Center 714-536-5600
Huntington Beach – Dementia/Alzheimer's Support Group Alzheimer's Family Services 9451 Indianapolis Ave., Huntington Beach, CA 92646	2 nd & 4 th Wed. 6:00 p.m.	Alzheimer's Family Center 800-272-3900
Irvine – Dementia/Alzheimer's Support Group Irvine Adult Day Health Services 20 Lake Rd., Irvine, CA 92604	2 nd & 4 th Wed. 3:30 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Irvine Adult Day 949-262-1123
Irvine – Men's Caregiver Support Group Alzheimer's Orange County 2515 McCabe Way, Irvine, CA 92614	2 nd Tuesday 6:00 p.m.	Alzheimer's Orange County Kevin Bigelow 714-227-2194
Laguna Beach – Dementia/Alzheimer's Support Group Susi Q Senior Center 380 3rd St., Laguna Beach, CA 92651 (Park in structure)	1 st Wednesday 1:30 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Susi Q 949-464-6645
Laguna Hills – General Caregiver Support Group Florence Sylvester Memorial Senior Center 23721 Moulton Pkwy., Laguna Hills, CA 92653	1 st & 3 rd Wed. 10:00 -11:30 a.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 caregiveroc.org
Laguna Niguel – General Caregiver Support Group Crestavilla 30111 Niguel Rd., Laguna Niguel 92677	2 nd Tuesday 6:30 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Crestavilla 949-281-7970
Laguna Woods – Dementia/Alzheimer's Support Group South County Adult Day Services 24260 El Toro Rd., Laguna Woods, CA 92637 (Also open to non-dementia caregivers) Free Respite Care available during meetings, call facility	3 rd Wednesday 1:30 p.m.	So. County Adult Day 949-855-9444 Kathy Carchidi 949-757-3758
Los Alamitos – General Caregiver Support Group Cottonwood Church-Building C, Room C111 4505 Katella Avenue, Los Alamitos, CA 90720 Park in lot 1 or 2	1 st Tuesday 2:30 p.m.	Alzheimer's Association 800-272-3900
Orange – Dementia/Alzheimer's Support Group First Christian Church of Orange 1130 E Walnut Ave, Orange, CA 92867 (Fireside Room, across from Sanctuary)	3 rd Tuesday 7:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 First Christian 714-538-9681
Orange – Dementia/Alzheimer's Support Group Alzheimer's Association 770 The City Drive South, Ste. 7400 (7 th Floor) Orange, CA 92868	3 rd Thursday 1:00 p.m.	Alzheimer's Association 800-272-3900
Orange – General Caregiver Support Group Park Plaza 620 Glassell St., Orange, CA 92886	1st & 3rd Tuesday 7:00 - 8:30 p.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 caregiveroc.org
Placentia – Dementia/Alzheimer's Support Group Placentia-Linda Hospital 1301 N Rose Dr., Placentia, CA 92870	4 th Monday 7:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Hospital 714-993-2000

DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS continued

Location	Date/Time	Sponsor/ Facilitator
Rancho Santa Margarita – Dementia/Alzheimer's Support Group Bell Tower Regional Community Center 22232 El Paseo, Rancho Santa Margarita, CA 92688	4 th Monday 7:00 p.m	Bell Tower Regional Community Center 949-635-1800
San Clemente – Dementia/Alzheimer's Support Group RIO - San Clemente ADHC 2021 Calle Frontera, San Clemente, CA 92673	3 rd Friday 10:00 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 RIO San Clemente 949-498-7671
San Clemente – Dementia/Alzheimer's Support Group Dorothy Visser Senior Center 117 Avenida Victoria, San Clemente, CA 92672	1 st Thursday 11:00 a.m.	Alzheimer's Association 800-272-3900
San Juan Capistrano – Dementia/Alzheimer's Support Group Silverado Senior Living 30311 Camino Capistrano, San Juan Cap., CA 92675 <i>Free Respite Care available during meetings, call facility</i>	3 rd Wednesday 10:00 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Silverado 949-240-0550
San Juan Capistrano – Dementia/Alzheimer's Support Group San Juan Capistrano Community Center 25925 Camino Del Avion, San Juan Capistrano, CA 92675	3 rd Thursday 3:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Community Center 949-493-5911
Seal Beach – Dementia/Alzheimer's Support Group The Health Care Center on Golden Rain (Leisure World) 1661 Golden Rain Rd., Seal Beach, CA 90740	2 nd and 4 th Tuesday 10:00 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Heath Center 562-493-9581
Tustin – Dementia/Alzheimer's Support Group Tustin Senior Center (Enter Main Lobby) 200 South C St., Tustin, CA 92780	2 nd Tuesday 3:30 p.m. 4 th Monday 10:00 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Senior Center 714-573-3340
Tustin – Dementia/Alzheimer's Support Group Silverado Tustin Hacienda 240 E. Third St., Tustin, CA 92780	3 rd 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
Garden Grove – Dementia/Alzheimer's Support Group Diocese of Orange Pastoral Center 13280 Chapman Ave., Garden Grove, CA 92840 (Mercy Center, Room 1D)	4 th Wednesday 2:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758
Lake Forest – Dementia/Alzheimer's Support Group Saddleback Church 1 Saddleback Pkwy, Lake Forest, CA 92630 (Room 312)	1 st & 3 rd Monday 7:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Saddleback 949-609-8000
Newport Beach – Dementia/Alzheimer's Support Group Our Lady Queen of Angles Catholic Church 2046 Mar Vista Dr., Newport Beach, CA 92660 (Parish Center Staff Lounge)	1 st Tuesday 7:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 Our Lady 949-644-0200

FAITH BASED DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS continued

Location	Date/Time	Sponsor/ Facilitator
Newport Beach– <i>Dementia/Alzheimer's Support Group</i> St. Andrew's Presbyterian Church 600 St Andrews Rd, Newport Beach, CA 92663 (Room B016)	3 rd Tuesday 3:00 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 St. Andrew's 949-631-2880
Orange – <i>Dementia/Alzheimer's Support Group</i> St. Paul's Lutheran Church 1250 E Heim Ave, Orange, CA 92865 (Room 4 (Sewing), enter off canal parking lot)	1 st Tuesday 5:30 p.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758 St. Paul's 714-637-2640
Santa Ana – <i>Dementia/Alzheimer's Support Group</i> Trinity United Presbyterian Church 13922 Prospect Ave, Santa Ana, CA 92705 (Samaritan Care Center)	1 st 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
Anaheim - Spanish Speaking Support Group St. Boniface Catholic Church 120 N. Janss St., Anaheim, CA 92805	1 st Wednesday 10:00 a.m.	Alzheimer's Orange County Norma Castellano 949-757-3767 St. Boniface 714-956-3110
Anaheim – Korean Speaking Support Group West Anaheim United Methodist Church 2045 W. Ball Rd., Anaheim, CA 92804	3 rd Wednesday 10:00 a.m.	Somang Society 562-977-4580 Alzheimer's Orange County 949-757-3758
Fullerton – Korean Speaking Support Group Fullerton Community Center 340 W. Commonwealth Ave., Fullerton, CA 92863	1 st Friday 10:00 a.m.	Somang Society 562-977-4580 Alzheimer's Orange County 949-757-3758
Garden Grove – Korean Speaking Support Group Acacia Adult Day Health Center 11391 Acacia Pkwy, Garden Grove, CA 92840	3 rd Thursday 2:30 p.m.	Somang Society 562-977-4580 Acacia Kate Koo 714-530-1566, Ext. 235
Garden Grove - Vietnamese Speaking Support Group Wesley Village (Senior Building B, 1 st floor) 10882 Stanford Ave., Garden Grove CA 92840	2 nd Thursday 10:00 a.m.	Alzheimer's Orange County Tiffany Phoung 657-236-5032
Garden Grove - Vietnamese Speaking Support Group Acacia Adult Day Services 11392 Acacia Pkwy., Garden Grove, CA 92840	3 rd Tuesday 5:30 – 7:00 p.m.	Family Caregiver Resource Center 714-451-5120, 800-543-8312
Garden Grove - Spanish Speaking Support Group Acacia Adult Day Services 11392 Acacia Pkwy., Garden Grove, CA 92840	2 nd Wednesday 3:00 – 4:30 p.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312
Irvine - Farsi Speaking Support Group Alzheimer's Orange County 2515 McCabe Way, Irvine, CA 92614	2 nd Thursday 10:30 a.m.	Alzheimer's Orange County Sara Kachineh 949-502-4721
Irvine - Korean Speaking Support Group Alzheimer's Orange County 2515 McCabe Way, Irvine CA 92614	2 nd 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
Irvine - Korean Speaking Support Group Bethel Church 18700 Harvard Ave., Irvine, CA 92612	1 st Thursday 10:00 a.m.	Somang Society 562-977-4580 Alzheimer's Orange County 949-757-3758
Irvine - Mandarin Chinese Speaking Support Group Irvine Chinese School South Coast Chinese Cultural Center 9 Truman St., Irvine, CA 92620 (Classroom #205)	1 st Saturday 10:30 a.m.	Ruobing Li 949-824-2147 or 714-386-0511 Wenjing Huang 213-999-5136
Santa Ana - Spanish Speaking Support Group South Coast Global Medical Center 2701 S. Bristol St., Santa Ana, CA 92704 (Conference Room A-B)	2 nd Wednesday 6:00 p.m.	Alzheimer's Orange County Norma Castellano 949-757-3767 Hospital 714-754-5454
Santa Ana - Spanish Speaking Support Group Santa Ana VIP, # K-M 1101 S. Grand Ave., Santa Ana, CA 92705	1 st & 3 rd Thursday 4:30 – 6:00 p.m.	Family Caregiver Resource Center caregiveroc.org 714-446-5030, 800-543-8312
Tustin – Spanish Speaking Support Group Tustin Senior Center 200 S. St., Tustin, CA 92780	3 rd Wednesday 9:30 – 11:00 a.m.	Family Caregiver Resource Center caregiveroc.org 714-446-5030, 800-543-8312
Tustin – Japanese Speaking Support Group OCJAA Meeting Room 17332 Irvine Blvd., Suite 160 Tustin, CA 92780	3 rd Saturday 1:00 – 3:00 p.m.	Orange County Japanese American Association 714-730-3551

SPECIALIZED MEETINGS

Type/Location	Date/Time	Sponsor/ Facilitator
Anaheim – Grief and Bereavement Support Group 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
Fountain Valley – Parkinson's Disease Caregiver Group Orange Coast Memorial Health and Wellness Pavilion 18035 Brookhurst St., Fountain Valley, CA 92708 (West Coast Conference Room)	3 rd Thursday 9:30 – 10:30 a.m.	714-378-5022
Fountain Valley – Parkinson's Disease Caregiver Group Orange Coast Memorial Health and Wellness Pavilion 18035 Brookhurst St., Fountain Valley, CA 92708 (West Coast Conference Room)	2 nd & 4 th Tuesday 10:00 – 11:30 a.m.	714-378-5022
Fullerton – Grief and Bereavement Support Group 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
Fullerton – Stroke Support Group St. Jude Community Services Building 130 W. Bastanchury Rd., Fullerton, CA 92835	1 st & 3 rd Wednesday 1:30 – 3:00 p.m.	RSVP: 888-794-9466
Irvine - Caregivers of Lewy Body & Frontotemporal Dementia Alzheimer's Orange County 2515 McCabe Way, Irvine CA 92614	3 rd Tuesday, 1:00 p.m.	Alzheimer's Orange County Donna Velarde, LCSW 949-757-3759

SPECIALIZED MEETINGS continued

Type/Location	Date/Time	Sponsor/ Facilitator
Irvine - Down Syndrome/Alzheimer's Caregiver Group Alzheimer's Orange County 2515 McCabe Way, Irvine CA 92614	3 rd Tuesday 10:00 a.m.	Alzheimer's Orange County Kim Bailey, MSG 949-757-3771
Irvine - After Alzheimer's Bereavement Support Group Alzheimer's Orange County 2515 McCabe Way, Irvine CA 92614	2 nd Friday 10:30 a.m.	Alzheimer's Orange County Kathy Carchidi 949-757-3758
Irvine - Huntington's Disease Caregiver Group Irvine Presbyterian Church 4445 Alton Pkwy., Irvine, CA 92604	2 nd Sunday 6:00 – 8:00 p.m.	Family Caregiver Resource Center 714-446-5030, 800-543-8312 caregiveroc.org
Laguna Hills - Stroke Caregiver Group RTH Stroke Foundation 23382 Mill Creek Dr., Suite 110, Laguna Hills CA 92653	2 nd and 4th Monday 1:30 – 3:00 p.m.	Tiffanie Hylland tiffanieh@rthfoundation.org
Lake Forest - Parkinson's Disease Caregiver Group 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
Newport Beach - Grief and Bereavement Support Group 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
Newport Beach - Parkinson's Disease Caregiver Group Hoag Health Center, Conference Room 2 520 Superior Way, Newport Beach, CA 92663	1 st Monday 10:30 a.m. – 12:00 p.m.	Tina Precht or Mignone Trenary 949-764-6998
For Individuals with Early Memory Loss (and their care partners) Garden Grove, Irvine and Laguna Woods	Time-limited series Dates/times vary Pre-registration required	Alzheimer's Orange County Donna Velarde, LCSW 949-757-3759

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