



# Dementia Caregiver Support Group

Build a support system with people who understand

Alzheimer's Association educational presentations and support groups are conducted by trained facilitators, providing caregivers of people with dementia with:

- Current information about Alzheimer's and related conditions
- A supportive connection with other caregivers
- Practical solutions to common caregiver challenges
- Strategies for coping with caregiver issues
- A safe place to share feelings, needs, and concerns
- Information about resources in our community

Free of charge and open to the community. For questions, call the Alzheimer's Association at **(800) 272-3900**.

Educational presentations are with memory care specialist Luciana Mitzkun, and support group sessions are facilitated by Celeste Hwang.

*Presented by the Alzheimer's Association California Central Coast Chapter and Sansum Clinic now part of Sutter Health.*

Pesetas Multi-Specialty Clinic  
215 Pesetas Ln., Santa Barbara  
3rd floor Conference Room

## 2025 Schedule

5:00 - 6:30 PM

- **April 1** - Support Group Meeting
- **April 15** - Presentation: Diagnosing Dementia – What to Expect From an Evaluation
- **May 6** - Support Group
- **May 20** - Presentation: Caregiver Self-Care Strategies
- **June 3** - Support Group
- **June 17** - Care Levels and Services Available In Our Area

