



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.

Educational sessions are presented by memory care specialist Luciana Mitzkun, and support group sessions are facilitated by Deborah Brown.

Call the **Alzheimer's Association** at **(800) 272-3900** for more information.

Presented in partnership with the Alzheimer's Association California Central Coast Chapter.



For more information on Health and Wellness Programs at Sutter Health, visit sutterhealth.org/health.

2026 Schedule

1st and 3rd Tuesday
5:00 – 6:30PM

- **January 6** – Support Group Meeting
- **January 20** – *Supporting Memory Patients After Hospitalization*
- **February 3** – Support Group Meeting
- **February 17** – *Communicating Symptoms to Doctors*
- **March 3** – Support Group Meeting
- **March 17** – *Engaging Help From Family Members*

Location

Pesetas Care Center
3rd floor conference room
215 Pesetas Ln.
Santa Barbara, CA