



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

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

- **October 21** - New Treatments for Alzheimer's
- **November 4** - Support Group Meeting
- **November 18** - Safeguarding From Financial Abuse
- **December 2** - Support Group Meeting
- **December 16** - Support Group Meeting



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