



## 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. 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](https://sutterhealth.org/health).

### 2026 Schedule

1<sup>st</sup> and 3<sup>rd</sup> Tuesday  
5:00 – 6:30PM

**April 7** – Support Group Meeting

**April 21** – Memory Care Costs and Who Pays for Them

**May 5** – Support Group Meeting

**May 19** – Transition to a Memory Care Community

**June 2** – Support Group Meeting

**June 16** – Addressing Behavioral-Dementia Symptoms

### Location

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