



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.

2026 Schedule

1st and 3rd Tuesday
5:00 – 6:30PM

July 7 – Support Group Meeting

July 21 – Support Group Meeting

August 4 – Support Group Meeting

August 18 – Making the Best Use of Supportive Services

September 1 – Support Group Meeting

September 15 – Safety, Comfort, and Contentment for Dementia Patients

Location

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