



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.*



2026 Schedule

1st and 3rd Tuesday
5:00 – 6:30PM

October 6 – Support Group Meeting

October 20 – Techniques to Improve and Retain Your Memory

November 3 – Support Group Meeting

November 17 – Surviving the Holidays While Caring for a Loved One with Dementia

December 1 – Support Group Meeting

December 15 – Support Group Meeting

Location

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