

Support Groups *Grupos de Apoyo*

GROUP <i>El Grupo</i>	MEETING TYPE <i>Formato de reunión</i>	MEETING DAYS/TIMES <i>Fecha y hora de reunión</i>	FACILITATOR <i>Facilitador</i>	PARTNERSHIP <i>Asociación</i>
Grupo de Apoyo en español para Cuidadores Para los que cuidan adultos con deficiencias neurológicas	Virtuales	segundo viernes (2nd Friday) 1 – 2:15 p.m.	Dina Ontiveras	N/A
Caregiver Connections Support Group	Virtual	2nd & 4th Thursdays 4 – 5:30 p.m.	Brenda Birdwell, MSW	Alzheimer's Association
Dementia Caregiver Support Group	Virtual	3rd Thursday 1 – 2:30 p.m.	Renee Cowans	Alzheimer's Association
Dementia Caregiver Support Group	Virtual	2nd Friday 2:30 – 4 p.m.	Dina Ontiveras	Alzheimer's Association
Parkinson's Caregiver Support Group	Virtual San Luis Obispo County	4th Wednesday 10 – 11:30 a.m.	Nell Bennett, LCSW	Parkinson's Association
TBI / Stroke Caregiver Support Group	In-person Santa Barbara County	2nd & 4th Wednesdays 11 a.m. – Noon	Colleen Breen, LMFT	Cottage Rehabilitation Hospital
LGBTQ Caregiver Support Group	In-person Ventura County	1st & 3rd Mondays 1 – 2:30 p.m.	Brenda Birdwell, MSW	Alzheimer's Association
Caregiver Support Group	In-person City of San Luis Obispo	1st Thursday 10 – 11:30 a.m.	Nell Bennett, LCSW	N/A
Cognitive Loss Caregiver Support Group	In-person Morro Bay	2nd Tuesday 10 – 11:30 a.m.	Nell Bennett, LCSW	Alzheimer's Association



For further information or to inquire about joining a group, please contact the Coast Caregiver Resource Center office at 805-569-8950 or ccrc@sbch.org.

Para obtener más información o consultar sobre cómo unirse a un grupo, comuníquese con la oficina del Centro de Recursos para Cuidadores de la Costa al 805-569-8950 o por correo electrónico ccrc@sbch.org.

