



ALZHEIMER'S SUPPORT GROUP

You are not alone.



*In Partnership with the
Alzheimer's Association®*



Whether you're a seasoned caregiver or just beginning this journey, our support groups provide a space to connect, learn, grow, and heal.

Join Us



Third Wednesday
of Every Month



3 PM - 4:30 PM



Mt. Diablo Center
490 Golf Club Road, Pleasant Hill

RSVP



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We Offer



Guidance from a Choice
in Aging Social Worker



Connection, Learning &
Emotional Support



A Safe Space to Share
Experiences & Ask
Questions



Caregiving, Legal &
Financial Resources



Support in Partnering
with Doctors & Care
Teams



Tools for Stress
Reduction & Self-Care



Practical Coping Skills
for Life's Changes