

Caregiver Support Group



**2nd Wednesday of the month
2:00 pm - 3:30 pm**

**Monthly support group open to caregivers
of all ages providing care to individuals with
Alzheimer's or a related disorder.**

Shiley-Marcos Alzheimer's Disease Research Center (SMADRC) support groups provide participants with a safe, supportive environment to discuss experiences, share knowledge, and exchange strategies to help one another gain insights and cope effectively with a diagnosis of Alzheimer's disease or a related disorder.

SMADRC Support Groups

- Facilitated by trained professionals
- Access to guest presenters from the scientific community
- Referrals to services and community resources
- No obligation to participate in research
- No cost to participate

Co-sponsored by Alzheimer's San Diego.

Pre-Registration is required. Call (858) 822-4800.