

CALIFORNIA SOUTHLAND IN PERSON CLASSES & SUPPORT GROUPS



JUNE 2026 | To register for an event click the links, visit alz.org/events or call our 24/7 Helpline at (800) 272-3900

UNDERSTANDING ALZHEIMER'S & DEMENTIA

Fri, June 12 | 10:00-11:00AM Tues, June 16 | 10:30-11:30AM

[Glendale Registration](#)

[Reseda Registration](#)

THE EMPOWERED CAREGIVER SERIES

Building Foundations of Caregiving:

Thur, June 11 | 2:00-3:00PM | English | [Bellflower Registration](#)

Juev, June 11 | 3:30-4:30PM | Español | [Bellflower Registration](#)

Sat, June 20 | 4:30-5:30PM | English | [Culver City Registration](#)

Responding to Dementia-Related Behaviors:

Wed, June 17 | 12:00-1:00PM | English | [Burbank Registration](#)

Communicating Effectively:

Tue, June 23 | 3:00-4:00PM | English | [West Covina Registration](#)

10 WARNING SIGNS OF ALZHEIMER'S

Wed, June 10 | 11:30AM-12:30PM | [Altadena Registration](#)

Wed, June 17 | 10:00-11:00AM | [Upland Registration](#)

HEALTHY LIVING FOR YOUR BRAIN & BODY

Thur, June 11 | 11:00-12:00PM

[Walnut Registration](#)

BUILDING BRAIN-HEALTHY HABITS

Thurs, June 4 | 10:00-11:00AM
& ALZ Loteria

[Victorville Registration](#)

Thur, June 18 | 1:00-2:00PM
[Montclair Registration](#)

Tues, June 30 | 12:30-1:30PM
[Fairfax Registration](#)

Tues, June 9 | 1:30-2:30PM

[Ladera Heights Registration](#)

Fri, June 12 | 10:00-11:00AM
[Inglewood Senior Center
Registration](#)

Wen, June 24 | 1:00-2:00PM
[Redondo Beach Registration](#)

IN-PERSON SUPPORT GROUPS

Call our 24/7 Helpline at
(800) 272-3900 to register
for an in-person support group

Tuesdays Wednesdays
10:00AM-Noon 10:00AM-Noon
LA QUINTA PALM DESERT

2nd & 4th Fri | 10:00-12:30PM
INDIO

Last Mon | 6:00-8:00PM
UPLAND

1st Tues | 10:00-11:30AM
RANCHO CUCAMONGA

2nd Tues
6:30-8:30PM | **SANTA CLARITA**
6:30-8:00PM | **CLAREMONT**

3rd Tues
10:00-11:30AM | **PASADENA**
10:00AM-Noon | **CLAREMONT**

2nd Wed | 5:00-6:30PM
REDLANDS

4th Wed | 9:30-11:00AM
LAKE BALBOA

2nd Fri | 9:00-10:30AM
TEMECULA

2nd Sun | 4:30-6:00PM
CULVER CITY

SUPPORTING BRAIN HEALTH IN OUR COMMUNITY W/ LOTERIA

Vier, June 26 | 11:00-12:00PM
Español

[Panorama City Registro](#)

CALIFORNIA SOUTHLAND **VIRTUAL** CLASSES & SUPPORT GROUPS



JUNE 2026 | PLEASE RSVP

To register click the links, visit alz.org/events or call our 24/7 Helpline at (800) 272-3900

VIRTUAL SUPPORT GROUPS

Caregiver Support Group - Telephone Only

Mon, June 1 | 5:30-7:00PM | [Register](#)

Mon, June 15 | 5:30-7:00PM | [Register](#)

Grupo de Apoyo Telefónico para Cuidadores

Mar, 9 de junio | 1:30-2:30PM | [Regístrese](#)

Mar, 23 de junio | 1:30-2:30PM | [Regístrese](#)

El grupo se facilita en español solamente. Para registrarse, llame a nuestra línea de ayuda al 800.272.3900

California Southland Virtual Support Group

Every Thur | 3:00-4:30PM | [Register](#)

Virtual Caregiver Support Group

Sat, June 20 | 10:00-11:30AM | [Register](#)

Caregiver Support Group Virtual Mandarin | 照护者支持小组 (线上普通话)

Sun, June 21 | 6月21日, 星期日

3:00-4:30PM | 下午3:00-4:30

Register via helpline | [请致电热线进行登记](#)

ALZ TALKS: SUPPORTING ORAL HEALTH IN DEMENTIA CARE

Good oral health supports comfort, dignity and overall well-being. This session offers practical tips for maintaining oral hygiene overcoming common challenges and adapting routines for people living with dementia. Hear from experts and caregivers who have navigated this journey firsthand. This webinar is supported by Delta Dental.

Mon, June 25 | 11:00AM-12:00PM | [Register](#)

THE EMPOWERED CAREGIVER VIRTUAL SERIES

The more caregivers know about the disease, and what to expect, the more prepared they will be for future changes and care decisions. Learn why it's important to plan for care changes, what types of resources and support services are available including respite care, long term care and end of life options.

Exploring Care & Support Services

Fri, June 12 | 3:00-4:00PM | [Register](#)

Wen, June 24 | 10:00-11:00AM | [Register](#)

COFFEE & CONVERSATION

A fun, meaningful and comfortable way for people in the early stage of the disease to get connected with like individuals and carepartners twice a month.

Tues, June 9 | 10 -11:30AM | [Register](#)

Tues, June 23 | 10 -11:30AM | [Register](#)

CALIFORNIA SOUTHLAND **IN PERSON** SPECIAL EVENT SCREENINGS

**ALZHEIMER'S
ASSOCIATION**
California Southland Chapter

JUNE 2026 | To register, click the links, visit alz.org/events or call our 24/7 Helpline at (800) 272-3900

MEMORIES OF MY GRANDFATHER

IS A MINI TELENODELA CREATED TO SPARK CONVERSATION AROUND ALZHEIMER'S IN HISPANIC COMMUNITIES. TOLD THROUGH THE LENS OF A MULTIGENERATIONAL HISPANIC FAMILY IN THE U.S., THE STORY FOLLOWS THEIR EMOTIONAL JOURNEY AFTER THEIR GRANDFATHER'S DIAGNOSIS.

THUR / JUEV, JUNE 25, 2026 1:00 - 2:30 PM PT
RIVERSIDE, CA - REGISTER / REGISTRO

ES UNA MINI TELENODELA CREADA PARA EMPEZAR LA CONVERSACIÓN SOBRE EL ALZHEIMER EN LAS COMUNIDADES HISPANAS. CONTADA A TRAVÉS DE LA LENTE DE UNA FAMILIA HISPANA EN LOS EE.UU., LA HISTORIA SIGUE SU CAMINO DESPUÉS DEL DIAGNÓSTICO DE SU ABUELO

RECUERDOS DE MI ABUELO

SINCE ITS DEBUT IN 2022, UNFORGETTABLE THE STAGE PLAY HAS BEEN A MOVEMENT TO RAISE AWARENESS ABOUT ALZHEIMER'S AND DEMENTIA IN COMMUNITIES ACROSS THE COUNTRY. NOW UNFORGETTABLE IS A FEATURE FILM ABOUT ONE FAMILY BANDING TOGETHER TO NAVIGATE EARLY SIGNS OF THE DISEASE, DIAGNOSIS, CAREGIVING CHALLENGES, AND DECISIONS IMPORTANT TO BLACK/LATINO COMMUNITIES.

GARRETT DAVIS®

UNFORGETTABLE

— THE FILM —

WEDNESDAY
JUNE 24, 2026
1:00-3:00PM

STARLIGHT TERRA VISTA 6 MOVIES
TERRA VISTA TOWN CENTER
10701 TOWN CENTER DR. RANCHO
CUCAMONGA, CA 91730

REGISTER
HERE



ALZHEIMER'S ASSOCIATION® ON DEMAND ONLINE EDUCATION



Visit alz.org/help-support or call our 24/7 Helpline at (800) 272-3900

The Alzheimer's Association® offers free online education programs on Alzheimer's disease, caregiving & living with the disease—flexible, accessible and supportive resources to keep you connected and informed wherever you are.

PROGRAMS FOR CAREGIVERS

Transitions in Care

Available with Closed Captioning (CC)

Learn about the costs of caregiving and the benefits of early financial and legal planning.

Managing Money: A Caregiver's Guide to Finances

Available in Spanish & Closed Captioning (CC).

Moving a loved one with dementia into a long-term care community can be emotionally challenging. This program offers tips and support to help caregivers assess needs, explore options, understand coverage, and stay involved.

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

Living with Alzheimer's: For Caregivers - Early, Middle, and Late Stage

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

ABOUT ALZHEIMER'S DISEASE

10-Warning Signs of Alzheimer's

Available in Spanish & Closed Captioning (CC).

Recognize common warning signs of Alzheimer's and learn what symptoms to look for in yourself and others.

Understanding Alzheimer's and Dementia

Available in Spanish & Closed Captioning (CC).

Learn about the difference between Alzheimer's and dementia, stages, risk factors and more.

PROGRAMS FOR PEOPLE LIVING WITH ALZHEIMER'S

Living with Alzheimer's: For People with Alzheimer's

Learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Living with Alzheimer's: For Younger-Onset Alzheimer's

Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do to ease the impact throughout the course of the disease.

THE EMPOWERED CAREGIVER



This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Topics include tips to support independence, understand key aspects of caregiving, respond to dementia-related behaviors, communicate effectively, and explore care and support services.