

CALIFORNIA SOUTHLAND IN PERSON CLASSES & SUPPORT GROUPS



JULY 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

Wed, June 22 | 10:00-11:00AM | [Burbank Registration](#)

THE EMPOWERED CAREGIVER SERIES

Supporting Independence

Thur, July 9 | 2:00-3:00PM | English | [Bellflower Registration](#)

Jue, 9 de julio | 3:30-4:30PM | Español | [Bellflower Registración](#)

Responding to Dementia-Related Behaviors:

Tues, July 21 | 1:00-2:00PM | English | [Woodland Hills Registration](#)

Tues, July 28 | 3:00-4:00PM | English | [West Covina Registration](#)

10 WARNING SIGNS OF ALZHEIMER'S

Fri, July 31 | 10:00 -11:00AM | [Glendale Registration](#)

DEMENTIA CONVERSATIONS

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Topics include tips for understanding key aspects of caregiving, supporting independence, communicating effectively, responding to dementia-related behaviors and exploring care and support services.

Sat, July 18 | 10:30 -11:30AM

[Palos Verdes Peninsula Center Library Registration](#)

BUILDING BRAIN-HEALTHY HABITS

To Register Please Call The Helpline at (800) 272-3900

Wed, July 15 | 10:00-11:30AM | UPLAND

Wed, July 29 | Noon-12:45PM | CORONA

IN-PERSON SUPPORT GROUPS

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

Mondays | 2:30-4:30PM

PALM SPRINGS

Tuesdays | 10:00AM-Noon

LA QUINTA

Wednesdays | 10:00AM-Noon

PALM DESERT

Last Mon | 6:00-8:00PM

UPLAND

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

RANCHO CUCAMONGA

2nd Tues

6:30-8:00PM | **SANTA CLARITA**

6:00-8:00PM | **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

VAN NUYS

3rd Sun | 4:00-5:30PM

CULVER CITY



California Southland Chapter

CALIFORNIA SOUTHLAND **VIRTUAL** CLASSES & SUPPORT GROUPS



JULY 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, July 6 | 5:30-7:00PM | [Register](#)

Mon, July 20 | 5:30-7:00PM | [Register](#)

Grupo de Apoyo Telefónico para Cuidadores

Mar, 14 de julio | 1:00-2:30PM | [Regístrese](#)

Mar, 28 de julio | 1:00-2:30PM | [Regístrese](#)

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

Lewy Body Caregiver Support Group

Thur, July 9 | 10:00-11:30AM | [Register](#)

Virtual Caregiver Support Group

Every Thur | 10:00-11:30AM | [Register](#)

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

Sun, July 19 | 7月19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](#)

KNOW THE 10 WARNING SIGNS

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Wed, July 15 | 5:00-6:00PM | [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.

Responding to Dementia-Related Behaviors

Tues, July 21 | 1:00-2:00PM | [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, July 28 | 10:00 -11:30AM | [Register](#)



California Southland Chapter

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

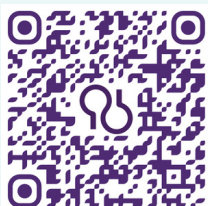
Living with Alzheimer's: For People with Alzheimer's

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.