

# PLEASE JOIN US

## Education Classes

### LOS ANGELES COUNTY DECEMBER 2025

#### IN PERSON ENGLISH CLASSES

##### All Classes are PDT

##### 10 Warning Signs of Alzheimer's and Dementia

Wednesday, December 10, 10:30-11:30 a.m. | [Reseda](#)

Thursday, December 11, 6:30-7:30 p.m. | [Northridge](#)

##### Holidays and Caregiving

Wednesday, December 3, 12-1 p.m. | [Burbank](#)

Friday, December 5, 12:30-1:30 p.m. | [Altadena](#)

#### VIRTUAL ENGLISH CLASSES

##### The Empowered Caregiver - Exploring Care and Support Services

Thursday, December 4, 1-2 p.m. | [Register](#)

##### The Empowered Caregiver - Supporting Independence

Friday, December 19, 2-3 p.m. | [Register](#)

Holidays are often filled with friends, family, and the sharing of new and old memories, but they can also bring sadness and added stress for caregivers and their families.

Our 24/7 helpline is available, day or night for support and tips!

CALL  
1-800-272-3900

#### CLASES EN ESPAÑOL EN PERSONA

##### Todas las clases se dictan en horario estándar del Pacífico (PDT)

##### 10 Señales de Advertencia del Alzheimer

Jueves, 11 de diciembre, 10- 11 a.m. | [Sun Valley](#)

#### ON-DEMAND EDUCATION

##### Understanding and Responding to Dementia-Related Behavior

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively.

##### Transitions in Care

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 after the move.

##### Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available, and Alzheimer's Association resources.

Closed Captioning (CC) available.

TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT ALZ.ORG/CRF

ALZHEIMER'S  ASSOCIATION®

For more on-demand, recorded classes, please visit [alz.org/education](http://alz.org/education)

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# Support Groups and Early Stage Engagement

## LOS ANGELES COUNTY DECEMBER 2025

### In Person Caregiver Groups

2nd Tuesday, 7-9 p.m. (Claremont)

2nd Tuesday, 7-8:30 p.m. (Westwood)

2nd Tuesday, 6:30-8 p.m. (Santa Clarita)

3rd Tuesday, 10 -11:30 a.m. (Pasadena)

3rd Tuesday, 10 a.m.-12 p.m. (Claremont)

3rd Tuesday, 6:30 -8:00 p.m. (Encino)

4th Tuesday, 10-11 a.m. (Antelope Valley)

3rd Saturday, 10-11:30 a.m. (Woodland Hills)

3rd Sunday, 4:30-6 p.m. (Culver City)

### Virtual Caregiver Support Groups

1st and 3rd Mondays, 5:30 -7 p.m.

3rd Saturday, 10-11:30 a.m.

Weekly, every Thursday, 10-11:30 a.m.

### Español

Grupo de Apoyo Telefónico para Cuidadores 2do y 4to martes de cada mes, 1- 2:30 p.m.

### Mandarin Caregiver Support Group

3rd Sunday, 6:30- 8 p.m.

### Young Adults 20's - 30's

1st Monday, 7:30-9 p.m.

### Younger Onset

2nd Tuesday, 12-1:30 p.m.

### LGBTQ+

2nd and 4th Thursdays 12-1:30 p.m.

### Early Stage Engagement- Virtual

#### Coffee and Conversations

Tuesday, December 9 and 23, 10-11:30 a.m.

Connect with like individuals and care partners, to discuss current events and a variety of topics.

### Get empowered in your Alzheimer's journey

Take action with the My ALZ Journey app



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