

CALIFORNIA SOUTHLAND IN PERSON CLASSES & SUPPORT GROUPS

SEPTEMBER 2026



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

THE EMPOWERED CAREGIVER SERIES

**Responding to Dementia-Related Behaviors /
Responder a los comportamientos relacionados con la demencia**

Thur, Sept 10 | 2:00-3:00PM | English | [Bellflower Registration](#)

Jue, 10 de sept | 3:30-4:30PM | Español | [Bellflower Registración](#)

Wed, Sept 30 | 10:00-11:00AM | English | [Sylmar Registration](#)

Building Foundations of Caregiving

Tues, Sept 22 | 3:00-4:00PM | English | [West Covina Registration](#)

SUPPORTING BRAIN HEALTH IN OUR COMMUNITY / APOYAR LA SALUD CEREBRAL EN NUESTRA COMUNIDAD

Mar, 15 de sept | 11:30AM-12:30PM | Español | [Pasadena Registración](#)

Thur, Sept 17 | 11:30AM-12:30PM | English | [Pasadena Registration](#)

10 WARNING SIGNS OF ALZHEIMER'S / 10 SEÑALES DE ADVERTENCIA DE LA ENFERMEDAD DE ALZHEIMER

Tues, Sept 1 | 9:00-10:00AM | Español | [Pacoima Registración](#)

Thur, Sept 17 | 10:00-11:30AM | English | [Riverside Registration](#)

Mar, 29 de sept | 10:00-11:30AM | Español | [Fontana Registración](#)

BUILDING BRAIN-HEALTHY HABITS

Thur, Sept 10 | 10:30-11:30AM | English | [Northridge Registration](#)

Mon, Sept 14 | 10:30-11:30AM | English | [Sylmar Registration](#)

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Wed, Sept 9 | 11:30AM-12:30PM | English | [Altadena Registration](#)

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

Last Mon | 6:00-8:00PM

UPLAND

Tuesdays | 10:00AM-Noon

LA QUINTA

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 | **RANCHO CUCAMONGA**

10:00-11:30AM | **PASADENA**

10:00AM-Noon | **CLAREMONT**

4th Tues | 10:00-11:30AM

ANTELOPE VALLEY

Wednesdays | 10:00AM-Noon

PALM DESERT

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

REDLANDS

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

LAKE BALBOA

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

INDIO

3rd Sun | 4:30-6:00PM

CULVER CITY

CALIFORNIA SOUTHLAND **VIRTUAL** CLASSES & SUPPORT GROUPS



SEPTEMBER 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, Sept 7 | 5:30-7:00PM | [Register](#)

Mon, Sept 21 | 5:30-7:00PM | [Register](#)

Grupo de Apoyo Telefónico para Cuidadores

Mar, 8 de sept | 1:00-2:30PM | [Regístrate](#)

Mar, 22 de sept | 1:00-2:30PM | [Regístrate](#)

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

Caregiver Support Group: Zoom Meeting

Thur, Sept 3 | 8:30-10:30AM | [Register](#)

Virtual Caregiver Support Group

Thur, Sept 10 | 5:30-6:30PM | [Register](#)

Sat, Sept 19 | 10:00-11:30AM | [Register](#)

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

Sun, Sept 20 | 9月20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](#)

IMPACT OF ALZHEIMER'S AND DEMENTIA

Tues, Sept 15 | 12:00-1:30PM | [Register](#)

Tues, Sept 29 | 7:00-8:00PM | [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 and Support Services

Tues, Sept 29 | 11:00AM-1:00PM | [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, Sept 8 | 10:00-11:00AM | [Register](#)

Tues, Sept 22 | 10:00-11:00AM | [Register](#)

REGISTER FOR THESE SUPPORT GROUPS VIA THE HELPLINE AT (800) 272-3900

Family Caregiver Support Group Weekly
Every Thur | 10:00-11:30AM

Lewy Body Caregiver Support Group
Wed, Sept 2 | 10:30AM-Noon

Young Onset Caregiver Support Group
Tues, Sept 8 | Noon-1:30PM

LGBTQ+ Caregiver Support Group
Thur, Sept 10 | Noon-1:30PM



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.