

CALIFORNIA SOUTHLAND IN PERSON CLASSES & SUPPORT GROUPS

AUGUST 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

Communicating Effectively / Comunicarse de manera efectiva

Thur, Aug 13 | 2:00-3:00PM | English | [Bellflower Registration](#)

Jue, 13 de ago | 3:30-4:30PM | Español | [Bellflower Registración](#)

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

Wed, Aug 12 | 5:30-6:30PM | English | [Pasadena Registration](#)

Wed, Aug 19 | 10:00-11:00AM | Español | [Porter Ranch Registración](#)

Wed, Aug 20 | 12:45-2:00PM | English | [Montclair Registration](#)

10 WARNING SIGNS OF ALZHEIMER'S /

10 SEÑALES DE ADVERTENCIA DE LA ENFERMEDAD DE ALZHEIMER

Wed, Aug 12 | 10:00-11:00AM | Español | [Porter Ranch Registración](#)

Thur, Aug 27 | 2:00-3:00PM | English | [Glendale Registration](#)

BUILDING BRAIN-HEALTHY HABITS / UNA VIDA SALUDABLE PARA EL CEREBRO Y EL CUERPO

Mart, 11 de ago | 10:30-11:30AM | Español | [Reseda Registración](#)

Tues, Aug 18 | 10:30-11:30AM | English | [Reseda Registration](#)

Tues, Aug 25 | Noon-1:00PM | English | [Los Angeles Registration](#)

Wed, Aug 26 | 10:00-11:00AM | Español | [Porter Ranch Registración](#)

DEMENTIA CONVERSATIONS

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

Sat, Aug 22 | Noon-1:00PM | RPV Library

[Rolling Hills 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 | **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



AUGUST 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, Aug 3 | 5:30-7:00PM | [Register](#)

Mon, Aug 17 | 5:30-7:00PM | [Register](#)

Grupo de Apoyo Telefónico para Cuidadores

Mar, 11 de agosto | 1:00-2:30PM | [Regístrate](#)

Mar, 25 de agosto | 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, Aug 6 | 8:30-10:30AM | [Register](#)

Virtual Caregiver Support Group

Thur, Aug 13 | 5:30-6:30PM | [Register](#)

Sat, Aug 15 | 10:00-11:30AM | [Register](#)

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

Sun, Aug 16 | 8月16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](#)

Family Caregiver Support Group Weekly

Every Thur | 10:00-11:30AM | [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.

Communicating Effectively

Fri, Aug 28 | 2:00-3:00PM | [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, Aug 25 | 10:00 -11:00AM | [Register](#)

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

Lewy Body Caregiver Support Group

Wed, Aug 5 | 10:30AM-Noon

Young Onset Caregiver Support Group

Tues, Aug 11 | Noon-1:30PM

LGBTQ+ Caregiver Support Group

Thur, Aug 13 | 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.