

CALIFORNIA SOUTHLAND IN PERSON CLASSES & SUPPORT GROUPS



MAY 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: RESPONDING TO DEMENTIA RELATED BEHAVIORS

Wed, May 6 | Noon-1:00PM | [Burbank Registration](#)

Thur, May 21 | 1:00-2:00PM | [Commerce Registration](#)

MANAGING MONEY: A Caregivers Guide To Finances

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

LIVING WITH ALZHEIMER'S FOR CAREGIVERS Early Stage Part 3

Thur, May 14 | 2:00-3:00PM | English | [Bellflower Registration](#)

Thur, May 14 | 3:30-4:30PM | Español | [Bellflower Registro](#)

UNDERSTANDING ALZHEIMER'S & DEMENTIA

Wed, May 20 | 10:00-11:00AM | [Upland Registration](#)

Thur, May 21 | 12:45-2:00PM | [Montclair Registration](#)

BUILDING BRAIN-HEALTHY HABITS

Sat, May 9 | 2:00-3:00PM | [Carson Registration](#)

IMPACT OF ALZHEIMER'S IN THE COMMUNITY

Thur, May 21 | 10:00-11:00AM | [Riverside Registration](#)

AllSkate
for Alzheimer's

When: Thurs, May 7th thru Sun, May 31st
11:00-5:00pm at The LA County Fair

@allskatela

For more informations, please visit:
AllSkateLA.com

An African American Alzheimer's Education & Brain Awareness Event

Caring for the Caregiver

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

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

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

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

2nd Tues | 6:00-8:00PM
CLAREMONT

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

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

CALIFORNIA SOUTHLAND **VIRTUAL** CLASSES & SUPPORT GROUPS



MAY 2026 | PLEASE RSVP FOR EVENTS VIA THE LINKS BELOW

To register for support groups, call our 24/7 Helpline at (800) 272-3900

VIRTUAL SUPPORT GROUPS

Mon, May 4th | 5:30-7:00PM | Phone Only

[Support Group Webpage](#)

Mon, May 18th | 5:30-7:00PM | Phone Only

[Support Group Webpage](#)

Every Thur | Caregivers | 8:30-10:30AM

[Support Group Webpage](#)

Every Thur | 10:00-11:30AM

[Support Group Webpage](#)

Sat, May 16th | 10:00-11:30AM

[Support Group Webpage](#)

MANDARIN LANGUAGE | 普通话

3rd Sun, May 17th | 第三个星期日, 5月17日

6:30-8:00PM | 下午6:30至8:00

[在线信息](#) | [Support Group Webpage](#)

SPANISH LANGUAGE | Español

Tues May 12th / Martes | 1:00-2:30PM

[Para mas informacion](#) | [Support Group Webpage](#)

Tues May 26th / Martes | 1:00-2:30PM

[Para mas informacion](#) | [Support Group Webpage](#)

BUILDING BRAIN-HEALTHY HABITS

Wed, May 20 | 4:00-5:00PM | [Register](#)

UNDERSTANDING ALZHEIMER'S & DEMENTIA

Thur, May 7 | 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, May 12 | 10 -11:30AM | [Register](#)

Tues, May 26 | 10 -11:30AM | [Register](#)

EARLY STAGE BRAIN GAME EXERCISES PROGRAM

The brain is not a muscle, but it can function as one. To keep it strong, we need to continually challenge it. Brain exercise trains the following skills: memory, reasoning, processing speed, concentration, logical sequencing, language, and problem solving, and visual-spatial skills.

Thur, May 21 | 2:00-3:00PM | [Register](#)

THE EMPOWERED CAREGIVER VIRTUAL SERIES

Learn how dementia impacts safety, changes a person's independence, how to provide the right amount of support, and tips to make every activity meaningful to the person living with dementia.

Responding to Dementia-Related Behaviors

Fri, May 8 | 3:00-4:00PM | [Register](#)

Wed, May 27 | 10-11:00AM | [Register](#)

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

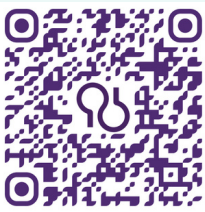
Living with Alzheimer's: For People with Alzheimer's

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.

