

PICAcare Caregiver Support Groups

OPICAcare's monthly support groups provide practical information and strategies, as well as emotional support for individuals, couples and families who are caring for loved ones with memory loss.



Join us the first Wednesday of each month

Location: Online Zoom

6:00 – 7:30 pm

Starting March 5, 2025

Register by calling 310-478-0226 ext 111 or email

opicacares@opica.org

(Please specify the OPICAcare Support group when registering)

Support groups are offered by trainee and associate mental health professionals, supervised by licensed professionals.

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