



Online Individual Counseling & Support Groups

Due to the potential transmission of COVID-19 OPICA is offering support groups and individual counseling online through Zoom.

OPICA's weekly support groups provide practical information and strategies, as well as emotional support for individuals, couples and families who are caring for loved ones affected by memory impairment.

All of our groups are facilitated by Marriage and Family Therapists

Spousal Support Group

Tuesday 10am – 11:30am
Tuesday 10:30am – 12:00pm
Wednesday 10:15am – 11:45am
Thursday - 10:30am – 12:00noon
Thursday – 12:30pm – 2:00pm



Adult Children Support Groups

Monday - 5:30pm – 7:00pm
Thursday – 6:30pm – 8:00pm
Wednesday - 5:30pm – 7:00pm



Individual Counseling Available on Request online or in person

Enrollment requires initial phone consultation with group facilitator.

Contact Cheryl for more information <mailto:counseling@opica.org> or 310-478-0226 ext 110.

The support groups and supportive services are open to the public.

The monthly cost for the groups is \$100.00.

Individual, Couples & Family Counseling

Available on request, sliding scale fees offered

OPICA Adult Day Program, 11759 Missouri Avenue, Los Angeles, CA 90025