



Online Individual Counseling & Support Groups

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 licensed or associate therapists

Spousal Support Group

Tuesday 10:00 AM – 11:30 AM

Tuesday 10:30 AM – 12:00 PM

Tuesday 12:30 PM – 2:00 PM

*(Mixed Spousal and Adult
Children)*

Wednesday 10:15 AM – 11:45 AM

Thursday - 10:30 AM – 12:00 PM

Thursday – 12:30 AM – 2:00 PM



Adult Children Support Groups

Wednesday - 5:30 PM – 7:00 PM

Thursday – 7:00 PM – 8:30 PM



**Individual Counseling Available on Request
online or in person**

Enrollment requires initial phone consultation with group facilitator.

Contact Angele for more information angele@opica.org or 310-478-0226

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

The monthly cost for the groups is \$120.00.

Individual, Couples & Family Counseling

Available on request, sliding scale fees offered

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

REV 5/2025