

General Elder Care Resources

Family Caregiver Alliance

www.caregiver.org / (800) 445-8106

Caregiver Resource Center (CRC) serving the Bay Area

California Caregiver Resource Center

www.caregiver.org/californias-caregiver-resource-centers / (800) 445-8106

Alzheimer's Association

Support Groups listed by California County

www.alz.org/norcal/in_my_community_support.asp

Albany

Alzheimer's Association

Albany Caregiver Support Group

For persons with memory loss

3rd Tuesday of every month, 6:15 – 7:45pm

St. Alban's Episcopal Church

1501 Washington Avenue

(at the corner of Curtis Street)

Albany, CA, 94706

Contact: Grace Liu, (800) 272-3900

Berkeley

Alzheimer's Association

Early Stage Memory Program

For persons with memory loss

Wednesdays, 1:30 – 3:00pm

Alzheimer's Services of the East Bay

2320 Channing Way (Dana and Ellsworth)

Contact: Suzanna Tuzzi, (510) 644-8292 ext. 330

-Please call ahead, \$10 fee per session

Alzheimer's Association

Caregivers and Loved Ones Support Group

For spouses of persons with memory loss

Wednesdays, 1:30 – 3:00pm

Alzheimer's Services of the East Bay

2320 Channing Way (Dana and Ellsworth)

Contact: Michelle O'Leary, (510) 798-9381

-Please call ahead, \$10 fee per session

Alzheimer's Association

Caregiver Support Group

1st Wednesday of the month, 7 – 9pm

Alzheimer's Services of the East Bay

2320 Channing Way (Dana and Ellsworth)

Contact: Suzanne Tuzzi, (510) 644-8292 ext. 330

Jewish Family & Children's Services of the East Bay

Long Distance Family Caregiver Support Group

1st and 3rd Wednesdays, 5:00 – 6:30pm

\$25 per session (sliding scale available)

Suse Moyal Center for Older Adult Services

2484 Shattuck Avenue, Ste. 210

Contact: (510) 558-7800 ext. 314

North Berkeley Senior Center

Parkinson's Caregiver Support Group

2nd Thursday of each month, 3 – 4:45pm

Organized by PDactive

1901 Hearst Avenue, Berkeley

Contact: Joyce Sakai (510) 525-5166

Lafayette

Alzheimer's Association

Early-Onset/Early Stage Patient Group

3rd Monday of the month, 1:30 – 3pm

Alzheimer's Association Office

3675 Mt. Diablo Blvd., Suite 250

Contact: Heather Gray & Dori Sproul, (800) 272-3900

Oakland

Bay Area Community Services Adult Day Care

Caregiver Support Group

4th Thursday of the month, 1:00 – 2:30pm

North Oakland Senior Center, Arts & Crafts Room

5714 Martin Luther King Jr. Way, Oakland, CA 94609

Meetings are free and open to the public.

Contact: Kim Ellis, (510) 601-1074

Center for Elders' Independence (CEI)

Caregiver Support Group

510 17th Street, 4th floor, Oakland

Please call for information about time and dates.

Contact: Lenore McDonald, (510) 452-8835

Markstein Cancer Education & Prevention Services

Caregiver Support Group

2nd and 4th Wednesdays, 3:00 – 4:15pm
3100 Summit Street, Oakland, CA 94609
Pre-Registration is required
Contact: (510) 869 8833

Herrick Cancer Center

Caregiver Support Group

4th Wednesday of each month, 5:30 – 7.00pm
2001 Dwight Way, Berkeley, CA 94704
Pre-Registration is required.
Contact: Kathy Orsini, (510) 204-4330

San Francisco

UCSF Memory and Aging Center

Mild Cognitive Impairment Care Partner Support Group

2nd Tuesday of the month, 6 – 7 pm
UCSF Mission Bay Campus: Sandler Neurosciences Ctr
675 Nelson Rising Lane, Room NS140A
Contact: UCSF MAC, (800) 272-3900

Walnut Creek

Eldercare Services

Caring for an Aging Family Member Group

2nd Thursday of each month, 6 – 7:30pm
Free and open to the public
1808 Tice Valley Boulevard, Walnut Creek
Contact: (925) 937-2018

Online

LGBT Caring Community Online Support Group

http://lists.caregiver.org/mailman/listinfo/lgbt-caregiver_lists.caregiver.org

Caregiver Online Support Group

http://lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org



Be Well at Work

Faculty/Staff Health Programs

Disability Management · Elder Care · Employee Assistance
Ergonomics · Occupational Health · Wellness · Work/Life