



The following groups are open to family, friends, and relatives of people living with the onset of a neurological disorder with onset after age 18 in Monterey, Santa Cruz, and San Benito Counties. **Groups are open and welcoming of new members.**

Caring for a Spouse or Life Partner Caregiver Support Group

When: 2nd Tuesday every month: 2:30pm – 4:00pm

Where: Online Group

Facilitator: Jessica Mattila, Family Consultant

Latino Caregivers Support & Education Group

When: 2nd Monday of every month: 5:30pm – 7:30pm

Where: Online Group

Facilitator: Maria Quiroz, Family Consultant and Cynthia Zavala, Intake Specialist

Memory Impairment Caregivers Support Group

When: 1st Wednesday of every month: 6:00pm – 7:30pm

Where: Online Group

Facilitator: Christina Andrade, Senior Family Consultant

Movement Disorders and Mobility Challenges Support Group

When: 2nd Wednesday of every month: 1:30pm – 3:00pm

Where: Online Group

Facilitator: Christina Andrade, Senior Family Consultant

Caregiver Support Group

When: 4th Wednesday every month 1:30 – 3:00PM

Where: Community Foundation of San Benito County Epicenter Building
440 San Benito Street, Hollister

Facilitator: Christina Andrade, Senior Family Consultant

Cognitive Impairment Caregiver Support Group

When: 2nd Thursday of every month 11:15am – 12:45pm

Where: Cabrillo College Stroke & Disability Learning Center 6767 Soquel Dr,
Aptos

Facilitator: Melissa West Kevan, Family Consultant

For information about caregiver services, call:

Del Mar Caregiver Resource Center | 1-800-624-8304

Or visit: www.delmarcaregiver.org