



CAREGIVER SUPPORT GROUPS

Our support groups offer caregivers and supporters of frail, special needs or memory impaired seniors the vital information and support they need. They provide an opportunity for caregivers to learn they are not alone, that there are resources in the community to assist them and that the work they do is valued. Caregivers can also learn strategies for coping with stress, anger and grief. For many caregivers these groups represent a “safe place” where tears are permitted, humor is encouraged, and hugs are easily accessible.

SENIOR CONCERNS ADULT DAY CENTER

Every Second & Fourth Friday

9:30am-11:00am

401 Hodencamp Road, Thousand Oaks

(805) 497-0189

Free adult day care provided with prior reservation

AGOURA HILLS RECREATION & EVENT CENTER CONFERENCE ROOM

Every First & Third Tuesday

3:00pm-4:30pm

29900 Ladyface Ct., Agoura Hills

(818) 597-7631

ATRIA HILLCREST

Every First & Third Wednesday

9:30am-11:00am

405 Hodencamp Road, Thousand Oaks

(805) 373-0606

GOEBEL SENIOR ADULT CENTER

Every First & Third Friday

9:30am-11:00am

1385 E. Janss Road, Thousand Oaks

(805) 494-5200

SIMI VALLEY SENIOR CENTER

Every First & Third Thursday

10:30am-12:00pm

3900 Avenida Simi, Simi Valley

(805) 583-6363

BELMONT VILLAGE

Every Second & Fourth Tuesday

7:00pm-8:30pm

3680 N. Moorpark Rd., Thousand Oaks

(805) 492-0601

SUNRISE SENIOR LIVING

Every Second Saturday

11:00am-12:00pm

3101 Townsgate Road, Westlake Village

(805) 557-1100



All group sessions are co-sponsored by the Alzheimer's Association, Central Coast Chapter.
For more information contact Senior Concerns or the Alzheimer's Association, Ventura County Chapter:

805-494-5200

401 Hodencamp Road, Thousand Oaks, CA 91360 / 805 497-0189