



**Del Mar Caregiver  
Resource Center**  
Supporting Caregivers through their Journey

## Online Support Groups

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.**

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### SANTA CRUZ COUNTY

#### Caring for a Spouse or Life Partner Caregiver Support Group

**When:** 2<sup>nd</sup> Tuesday every month: 2:30pm – 4:00pm  
**Where:** Online Group  
**Contact:** 800-624-8304  
**Facilitator:** Jessica Mattila, Family Consultant

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### MONTEREY COUNTY

#### Latino Caregivers Support & Education Group

**When:** 2<sup>nd</sup> Monday of every month: 5:30pm – 7:30pm  
**Where:** Online Group  
**Contact:** 800-624-8304  
**Facilitator:** Maria Quiroz, Family Consultant

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### SAN BENITO COUNTY

#### Memory Impairment Caregivers Support Group

**When:** 1<sup>st</sup> Wednesday of every month: 6:30pm – 8:00pm  
**Where:** Online Group  
**Contact:** 800-624-8304  
**Facilitator:** Christina Andrade, Senior Family Consultant

#### Parkinson's Support Group

**When:** 2<sup>nd</sup> Friday of every month: 1:30pm- 3:30pm  
**Where:** Online Group  
**Contact:** 800-624-8304  
**Facilitator:** Christina Andrade, Senior Family Consultant

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For information about caregiver services, call:

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

Or visit: [www.delmarcaregiver.org](http://www.delmarcaregiver.org)