



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
Contact: 800-624-8304
Facilitator: Jessica Mattila, Family Consultant

Latino Caregivers Support & Education Group

When: 2nd Monday of every month: 5:30pm – 7:30pm
Where: Online Group
Contact: 800-624-8304
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
Contact: 800-624-8304
Facilitator: Christina Andrade, Senior Family Consultant

Movement Disorders and Mobility Challenges Support Group

When: 2nd Friday of every month: 1:30pm- 3:00pm
Where: Online Group
Contact: 800-624-8304
Facilitator: Christina Andrade, Senior Family Consultant

Caregiver Support Group

When: 4th Wednesday every month 1:30-3:00PM
Where: Pauline Valdivia Memorial Community Center 300 West St, Hollister
Contact: (800) 624-8304
Facilitator: Christina Andrade, Senior Family Consultant

For information about caregiver services, call:

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

Or visit: www.delmarcaregiver.org