

Support & Discussion Group



**Support & Discussion Group:
San Rafael Parish
17252 Bernardo Center Drive
San Diego, CA 92128**

**Every 2nd and 4th Tuesday
1:00 PM—2:30 PM**

***Located in main office building,
upstairs in Room G ***

Leader:

Arlene Cawthorne 858-335-8880



Attending Support and Discussion Groups can be one of the best sources of support. They can give someone a safe environment to discuss caregiving experiences, learn strategies for coping and gain emotional support.

Groups will range in size from 5 to 10 people. The overall feel of each group will vary and topics of conversation may shift as needs arise and experiences are shared. Every group leader has their own unique style in leading a group. We encourage you to attend a group at least 2 or 3 times to experience the benefits.

Prior to attending, please call the Support and Discussion Group leader, giving you an opportunity to confirm the meeting, ask the leader questions, and find out if the group may be a good fit.

Questions & Information:
Rebecca De Campos, MSW
858-966-3303
rdecampos@alzsd.org