

# Support & Discussion Group



## Support & Discussion Group:

**Vista Gardens Memory Care**  
**1863 Devon Place, Vista, 92081**

**Every Thursday of the month**  
**1:30 PM –3:30 PM**

### Leaders:

**Sandy Braff, MFT & Carol Genson**  
**858-792-4610 or 760-727-9089**

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](mailto:rdecampos@alzsd.org)

