



## NORTHERN/CENTRAL CALIFORNIA SUPPORT GROUPS

Brain Support Network is pleased to offer monthly support groups to those coping with:

- Lewy body dementia (LBD)
- multiple system atrophy (MSA)
- progressive supranuclear palsy (PSP)
- corticobasal degeneration (CBD) *PSP and CBD are combined into one group*

Includes the San Francisco Bay Area, north to the Oregon border, east to the Nevada border and south to Solvang.



**Caregiver-only groups** are led by those whose loved ones have passed away and the diagnosis was confirmed through brain donation. These groups alternate between online meetings and in-person meetings (San Mateo). Meetings are 90 minutes to two hours. RSVPs are required.

**Groups for diagnosed individuals** are led by others with a diagnosis. These groups always meet online, from 30-60 minutes. Caregivers are permitted to attend these groups to speak on behalf of their family members or friends with a diagnosis. RSVPs are encouraged.

### Our support groups

#### Caregivers-only: In-person

Even-numbered months

LBD	2nd Sun, 5pm
MSA	
PSP/CBD	

#### Caregivers-only: Online

Odd-numbered months

LBD	2nd Sun, 5pm
MSA	
PSP/CBD	

#### Diagnosed Individuals

MSA	1st Mon, 3pm
PSP/CBD	2nd Sun, 12:30pm

*Note: If the meeting is on a holiday, the date will be adjusted.*



Connect in a safe setting with others on similar journeys.  
Sign up today for meeting reminders.

[brainsupportnetwork.org/support-group/](https://brainsupportnetwork.org/support-group/)