

SUPPORT GROUPS FOR FAMILY CAREGIVERS

In your community

Being a caregiver for a loved one with cancer and other serious illnesses can be extremely difficult and can take a toll on your overall mental health and well-being. Support groups for caregivers provide a safe space for people to go when they need advice, talk with other caregivers/find confirmation that their feelings are “normal” or to just let off steam.

Try a caregiver support group for an opportunity to share your feelings, develop friendships, receive emotional support and discuss solutions to common caregiving issues with others going through the same thing.



LOS ANGELES COUNTY

**Family Caregiver Support Program
Community Senior Services**

660 N. Mountain Ave.
Claremont, CA 91711
Call: 909-399-5488

Meets: Every Wednesday evening

**Pasadena Support Group
USC Family Caregiver Support Center
Pasadena Senior Center**

85 E. Holly St.
Pasadena, CA 91103
Call: 213-821-6920

Meets: First and third Wednesday of the month

**First A.M.E. Church Support Group
Allen House**

2249 South Harvard St.
Los Angeles, CA 90018
Call: 855-872-6060

Meets: Second and fourth Tuesday of the month

**Long Beach Caregiver Support Group
Grace First Presbyterian Church
Fireside Room**

3955 N. Studebaker Road
Long Beach, CA 90808
Call: 213-821-6919

Meets: Fourth Thursday of month

**Family & Friends Groups
Cancer Support Community Pasadena**

76 East Del Mar Blvd., Suite 215
Pasadena, CA 91105
Call: 626-796-1083

*Meets: Wednesday and Thursday evening
Must attend orientation first. Please call.*

**Family/Partners Group
Cancer Support Community
Redondo Beach**

109 W. Torrance Blvd., # 100
Redondo Beach, CA, 90277
Call: 310-376-3550

Meets: Every Tuesday, Wednesday and Thursday evening

**Sylmar Caregiver Support Group
Lake View Terrace Library**

12002 Osborne St.
Sylmar, CA 91342
Call: 855-872-6060

Meets: Fourth Thursday of month

**Telephone Caregiver Support Group
USC Family Caregiver Support Center**

Call: 855-872-6060

*Meets: Second and fourth Wednesday of the month
(meets over telephone)*

**Claremont Caregiver Support
Group-Claremont Manor**

621 W. Bonita Ave.
Claremont, CA 91711
Call: 213-821-6918

Meets: Second Thursday of the month

Rosemead Caregiver Support Group

4807 Earle Ave.
Rosemead, CA 91770
Call: 213-821-6919

Meets: Second Wednesday of month

**Montebello Caregivers' Circle
Potrero Heights Park Community &
Senior Center**

8051 Arroyo Drive
Montebello, CA 90640
Call: 213-821-6918

Meets: Fourth Thursday of the month

ORANGE COUNTY

Thrive Not Survive Support Group Orange

620 South Glassell St.
Orange, CA 92866
Call: 714-446-5030

*Meets: First and third Tuesday evening
of the month*

Thrive Not Survive Support Group Fullerton

St Jude Community Services
130 W. Bastanchury Road
Fullerton, CA 92835
Call: 714-446-5030

*Meets: Second and fourth Wednesday
of the month*

Thrive Not Survive, Laguna Hills Florence Sylvester Memorial Senior Center

23721 Moulton Parkway
Laguna Hills, CA 92653

*Meets: First and third Wednesday
of the month*

Thrive Not Survive, Corona Del Mar OASIS Senior Center - Room 5

801 Narcissus Ave.
Corona Del Mar, CA 92625
Call: 714-446-5030

VENTURA AND SANTA BARBARA COUNTIES

Caregiver Support Group Family Service Agency of Santa Barbara

123 W. Gutierrez
Santa Barbara, CA 93101
Call: 805-965-1001, ext. 226

Ventura Caregiver Support Group Community Memorial Hospital

147 North Brent St., 8th floor
Ventura, CA 93003
Call: 805-492-0601

*Meets: Second Friday of the month, second and fourth Tuesday of the month
Group meets in Belmont Village in Thousand Oaks. Please call.*

SAN DIEGO COUNTY

Caregiver Support Group Claremont Church

4271 Claremont Mesa
San Diego, CA 92117
(858) 268-4432

*Meets: Second and fourth Wednesday
of the month*

Caregiver Support Group Southern Caregiver Resource Center

3675 Ruffin Road, Suite 230
San Diego, CA 92123
Call: 858-268-4432, ext. 106

Meets: Second and fourth Thursday of month

Caregiver Support Group Rancho Bernardo

The Remington Club I - 1st Floor
16925 Hierba Drive
San Diego, CA 92128

Call: 858-268-4432, ext. 102
Meets: First and third Thursday of month

GRUPOS DE APOYO PARA CUIDADORES FAMILIARES

SPANISH SPEAKING SUPPORT GROUPS

Estos grupos permiten a los cuidadores compartir sus experiencias e ideas para aliviar el estrés.

Los grupos son gratuitos y no es necesario hacer cita.

Grupo Fuerza Y Esperanza Cancer Support Community

76 East Del Mar Blvd, Suite 215
Pasadena, CA 91105
Llama al 626-796-1083

Día: Todos los Sábados de cada mes

San Ysidro San Ysidro Adult Day Health Center

3364 Beyer Blvd.
San Ysidro, CA 92173
Llama al 619-948-6640

Día: 2er y 4er Jueves de cada mes

Chula Vista Norman Park Senior Center

270 F Street
Chula Vista, CA 91910
Llama al 800-827-1008

Día: 1er y 3er Miércoles de cada mes

Santa Fe Springs Support Group Gus Velasco Neighborhood Center

9255 S. Pioneer Boulevard
Santa Fe Springs, CA 90670
Llama al: 213-821-3107

Día: 1er Jueves de cada mes

Thrive Not Survive Support Group Tustin Senior Center

200 S C St.,
Tustin, CA 92780
Llama al: 714-446-5030

Día: 3er Miércoles de cada mes

Spanish Support Group, Garden Grove Acacia Adult Day Services

11391 Acacia Parkway,
Garden Grove, CA 92840
Llama al: 714-446-5030

Día: 2er Miércoles de cada mes