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**

<table>
<thead>
<tr>
<th>Support Group</th>
<th>Location</th>
<th>Contact Information</th>
<th>Meeting Days</th>
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<tbody>
<tr>
<td><strong>Family Caregiver Support Program</strong></td>
<td>Community Senior Services</td>
<td>660 N. Mountain Ave. Claremont, CA 91711</td>
<td>Call: 909-399-5488</td>
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<tr>
<td><strong>Pasadena Support Group</strong></td>
<td>USC Family Caregiver Support Center</td>
<td>Pasadena Senior Center</td>
<td>85 E. Holly St. Pasadena, CA 91103</td>
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<tr>
<td><strong>First A.M.E. Church Support Group</strong></td>
<td>Allen House</td>
<td>2249 South Harvard St. Los Angeles, CA 90018</td>
<td>Call: 855-872-6060</td>
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<tr>
<td><strong>Long Beach Caregiver Support Group</strong></td>
<td>Grace First Presbyterian Church Fireside Room</td>
<td>3955 N. Studebaker Road Long Beach, CA 90808</td>
<td>Call: 213-821-6919</td>
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<tr>
<td><strong>Family/ Partners Group</strong></td>
<td>Cancer Support Community Redondo Beach</td>
<td>109 W. Torrance Blvd., # 100 Redondo Beach, CA, 90277</td>
<td>Call: 310-376-3550</td>
</tr>
<tr>
<td><strong>Sylmar Caregiver Support Group</strong></td>
<td>Lake View Terrace Library</td>
<td>12002 Osborne St. Sylmar, CA 91342</td>
<td>Call: 855-872-6060</td>
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<tr>
<td><strong>Telephone Caregiver Support Group</strong></td>
<td>USC Family Caregiver Support Center</td>
<td>Call: 855-872-6060</td>
<td>Meets: Second and fourth Wednesday of the month (meets over telephone)</td>
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<tr>
<td><strong>Claremont Caregiver Support Group</strong></td>
<td>Claremont Manor</td>
<td>621 W. Bonita Ave. Claremont, CA 91711</td>
<td>Call: 213-821-6918</td>
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<tr>
<td><strong>Rosemead Caregiver Support Group</strong></td>
<td>4807 Earle Ave. Rosemead, CA 91770</td>
<td>Call: 213-821-6919</td>
<td>Meets: Second Wednesday of month</td>
</tr>
<tr>
<td><strong>Montebello Caregivers’ Circle</strong></td>
<td>Potrero Heights Park Community &amp; Senior Center</td>
<td>8051 Arroyo Drive Montebello, CA 90640</td>
<td>Call: 213-821-6918</td>
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</tbody>
</table>
### 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  
*Meets: Second and fourth Wednesday of the month*

**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*  

### 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)

**Grupo Fuerza Y Esperanza**  
Cancer Support Community  
75 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*

**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*

**San Ysidro**  
**San Ysidro Adult Day Health Center**  
3364 Beyer Blvd.  
San Ysidro, CA 92173  
Llama al 619-948-6640  
*Día: 2er Jueves 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*