



SUPPORT  
GROUPS  
FOR FAMILY  
CAREGIVERS  
IN YOUR COMMUNITY

Serving English and Spanish Speaking  
Caregivers in Southern California





## *Take care of yourself, so you can give care to your loved ones.*

Being a caregiver for a loved one with cancer or other serious illness 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, share tips and challenges, 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.

If you find that you are overwhelmed with caregiving or you are experiencing burnout and emotional distress, please talk to your patient’s health care team about connecting you to resources such as a clinical social worker or a counselor.

Visit [CityofHope.org/caregivers](https://www.cityofhope.org/caregivers) for more information and resources.

# CAREGIVER SUPPORT GROUPS

## LOS ANGELES COUNTY

### **Azusa Caregiver Support Group** **Silverado Sierra Vista Memory** **Care Community**

125 Sierra Madre Ave.  
Azusa, CA 91702  
Call: 855-872-6060  
Meets: *Third Wednesday of the month*

### **Claremont Caregiver Support Group —** **Claremont Manor**

621 W. Bonita Ave.  
Claremont, CA 91711  
Call: 213-821-6918  
Meets: *Second Thursday of the month*

### **Downey Caregiver Support Group** **Remita Health**

12620 Erickson Ave.  
Downey, CA 90242  
Call: 855-872-6060  
Meets: *Third Wednesday of the 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 Caregiver Support Program** **Community Senior Services**

660 N. Mountain Ave.  
Claremont, CA 91711  
Call: 909-399-5488  
Meets: *Every Wednesday evening*

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

2249 South Harvard Blvd.  
Los Angeles, CA 90018  
Call: 855-872-6060  
Meets: *Second and fourth Tuesday of the month*  
**Group is peer-led.**

### **Lake View Terrace Support Group** **Lake View Terrace Library**

12002 Osborne St.  
Lake View Terrace, CA 91342  
Call: 855-872-6060  
Meets: *Fourth Thursday of the month*  
**Group is peer-led.**

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

3955 N. Studebaker Road  
Long Beach, CA 90808  
Call: 855-872-6060  
Meets: *Fourth Thursday of the month*

### **Monrovia Support Group** **Human Services Association**

605 S. Myrtle Ave.  
Monrovia, CA 91016  
Call: 855-872-6060  
Meets: *Second Thursday of the month*

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

8051 Arroyo Drive  
Montebello, CA 90640  
Call: 855-872-6060  
Meets: *Fourth Thursday of the month*

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

85 E. Holly St.  
Pasadena, CA 91103  
Call: 855-872-6060  
Meets: *First and third Wednesday of the month*

### **Pico Rivera Caregiver Support Group** **Pico Rivera Senior Center**

9200 Mines Ave.  
Pico Rivera, CA 90660  
Call: 855-875-6060  
Meets: *Fourth Wednesday of the month*

### **Rancho Palos Verdes Caregiver** **Support Group**

**Mary & Joseph Retreat Center**  
5300 Crest Road  
Rancho Palos Verdes, CA 90275  
Call: 855-872-6060  
Meets: *First Tuesday of the month*

### **Rosemead Caregiver Support Group** **Massie Hall's Recreation Room**

8417 Mission Drive  
Rosemead, CA 91770  
Call: 855-872-6060  
Meets: *Second Wednesday of month*

### **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 for call-in number  
Meets: *Second and fourth Thursday of the month*  
**Meets over the telephone**

### **USC Campus Caregivers Group** **USC Family Caregiver Support Center**

3715 Mc Clintock Ave.  
Los Angeles, CA 90089  
Call: 855-872-6060  
Meets: *Second and fourth Wednesday of the month*

## **SPANISH SPEAKING GROUPS** **IN LOS ANGELES COUNTY**

### **GRUPOS DE APOYO** **PARA CUIDADORES**

#### **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*

#### **Santa Fe Springs Support Group** **Gus Velasco Neighborhood Center**

9255 S. Pioneer Blvd.  
Santa Fe Springs, CA 90670  
Llama al 213-821-3107  
*Día: 1er jueves de cada mes*

#### **Grupo de apoyo** **ESPAÑOL POR TELEFONO**

Llama al 855-872-6060 para el número de llamada y código de acceso  
*Día: 2do jueves de cada mes*



## ORANGE COUNTY

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### **Newport Beach**

#### **Hoag Health Center**

520 Superior Ave.

Newport Beach, CA 92663

Call: 949-722-6237

*Meets: Second Friday 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**

#### **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**

#### **Support Group Orange**

#### **Park Plaza**

620 South Glassell St.

Orange, CA 92866

Call: 714-446-5030

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

## SPANISH SPEAKING GROUPS IN ORANGE COUNTY

### GRUPOS DE APOYO PARA CUIDADORES

#### **Chula Vista**

#### **Norman Park Senior Center**

270 F St.

Chula Vista, CA 91910

Llama al 800-827-1008

*Día: 1er y 3er miércoles 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*

## RIVERSIDE COUNTY

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### **Caregiver Support Group —**

#### **Lake Elsinore**

#### **Lake Elsinore Senior Activity Center**

420 East Lakeshore Drive

Lake Elsinore, CA 92530

Call: 951-672-9536

*Meets: Fourth Wednesday of the month*

### **Caregiver Support Group —**

#### **Moreno Valley**

6296 River Crest Drive

Suite K, Training Room

Riverside, CA 92507

Call: 951-867-3800

### **Caregiver Support Group —**

#### **Moreno Valley/Riverside**

25075 Fir St.

Moreno Valley, CA 92553

Call: 800-675-6694

### **Caregiver Support Group — Riverside**

#### **La Sierra Senior Center**

5215 La Sierra Ave.

Riverside, CA 92505

Call: 951-672-9536

### **Caregiver Support Group — Riverside**

#### **The First Baptist Church**

5500 Allesandro Blvd., Room 208

Riverside, CA 92506

Call: 951-685-0403

### **Caregiver Support Group — Riverside**

4130 Adams Ave., Suite B

Riverside, CA 92504

Call: 951-509-2500

**Respite may be available**

**for the 5:30 p.m. session.**

**Call ahead to make arrangements.**

### **Hemet Support Group**

#### **Hemet Public Library**

300 E. Latham Ave.

Hemet, CA 92543

Call: 800-675-6694

### **Meridian Gardens of Riverside**

#### **Support Group**

8537 Magnolia Ave.

Riverside, CA 92504

Call: 951-684-4401

### **Riverside Support Group**

#### **Raincross at Riverside**

5232 Central Ave.

Riverside, CA 92504

Call: 866-653-9337

## SAN BERNARDINO COUNTY

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### **Adult Caregiver Support Group**

#### **Health Education Center at Community Hospital of San Bernardino**

1725 Western Ave. N., Suite 200

San Bernardino, CA 92411

Call: 800-675-6694

**Preregistration is required.**

### **Albert Chatigny Senior Center —**

#### **Caregiver Support Group**

1310 Oak Valley Parkway

Beaumont, CA 92223

Call: 909-799-3117

### **Cancer Caregiver**

#### **San Antonio Regional Hospital**

#### **Cancer Resource Center, next to the**

#### **Woman's Breast & Imaging Center**

901 San Bernardino Road, 3rd Floor

Upland, CA 91786

Call: 909-579-6700

### **Helendale Support Group**

26540 Vista Road

Helendale, CA 92342

Call: 800-675-6694

### **Loma Linda Family Caregiver**

#### **Support Group**

#### **Linda Valley Assisted Living**

25393 Cole St.

Loma Linda, CA 92354

Call: 800-675-6694

*Meets: Third Tuesday of the month*

### **Rancho Cucamonga Support Group**

#### **James L. Brulte Senior Center:**

#### **Gold Ridge Room**

11200 Baseline Road

Rancho Cucamonga, CA 91701

Call: 800-675-6694

### **Upland Support Group**

#### **Gibson Senior Center**

250 N. 3rd Ave.

Upland, CA 91786

Call: 800-675-6694

*Meets: Last Thursday of the month*

## SPANISH SPEAKING GROUPS IN SAN BERNARDINO COUNTY

GRUPOS DE APOYO PARA CUIDADORES

### Estrategias Utiles

#### **IEHP Community Resource Center**

802 W. 2nd St.  
San Bernardino, CA 92410  
Llama al 800-675-6694

#### **Fontana Support Group**

**Kaiser Permanente**  
17284 Slover Ave.  
Fontana, CA 92335  
Llama al 800-675-6694  
*Día: 2do lunes de cada mes*

#### **Perris Support Group**

**Our Countryside Resort**  
18111 Haines St.  
Perris, CA 92570  
Llama al 800-675-6694

## SANTA BARBARA AND VENTURA COUNTIES

### **Ventura Caregiver Support Group Community Memorial Hospital**

147 N. Brent St., 8th floor  
Ventura, CA 93003  
Call: 805-699-8907

*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  
Call: 858-268-4432  
*Meets: Second and fourth Wednesday  
of the month*

### **Caregiver Support Group Rancho Bernardo**

The Remington Club I  
16925 Hierba Drive, First Floor  
San Diego, CA 92128  
Call: 858-268-4432, ext. 102  
*Meets: First and third Thursday  
of the month*

## SPANISH SPEAKING GROUPS IN SAN DIEGO COUNTY

GRUPOS DE APOYO PARA CUIDADORES

### **San Ysidro**

#### **San Ysidro Adult Day Health Center**

3364 Beyer Blvd.  
San Ysidro, CA 92173  
Llama al 619-948-6640  
*Día: 2do y 4to 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: 2do miércoles de cada mes*  
*Also available in Vietnamese.*  
*Meets: Third Thursday of the month*



# FACEBOOK SUPPORT GROUPS FOR CAREGIVERS

Caregivers often join Facebook groups to give and receive support from other caregivers. These Facebook groups are often “closed” or “private,” giving caregivers a confidential place to talk about their challenges in caregiving, and find advice and support.

These groups are moderated. City of Hope has no affiliation to these caregiver groups and this list does not constitute an endorsement by City of Hope. This is for information purposes only.

## HOW TO SIGN UP FOR A CLOSED (PRIVATE) FACEBOOK GROUP

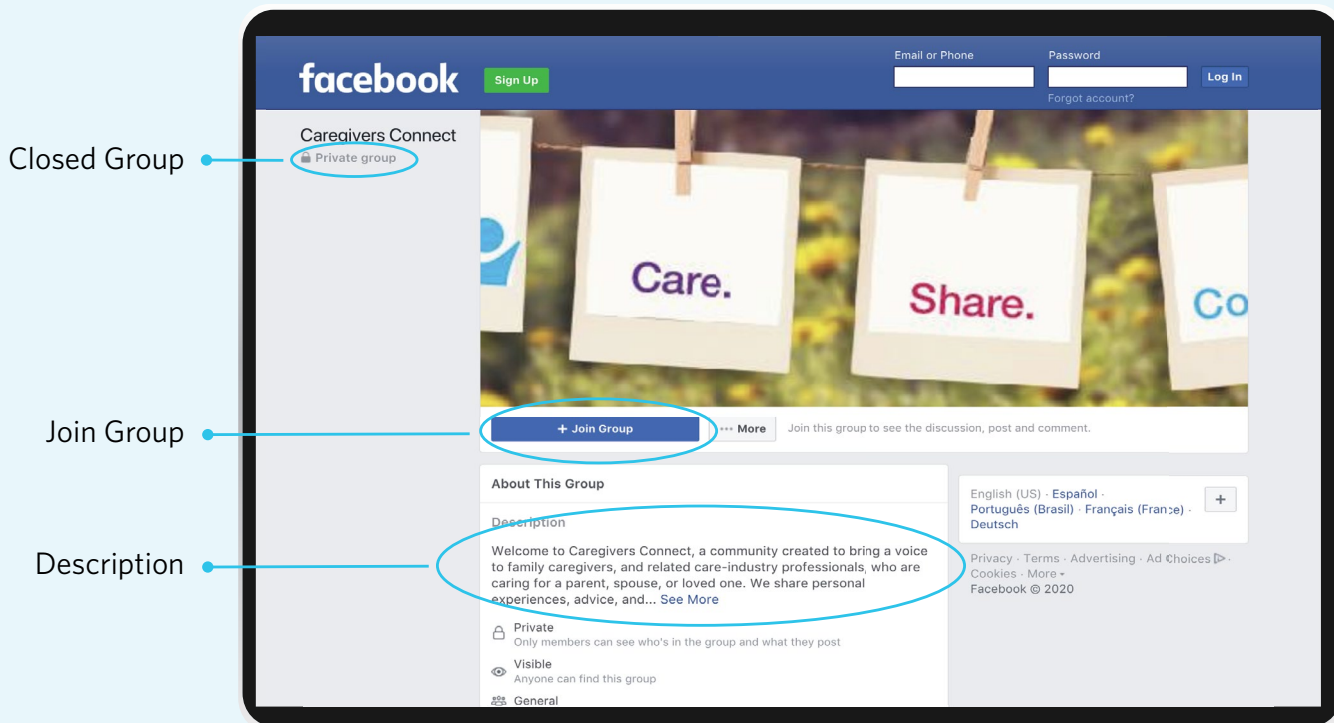
The following caregiver support groups are “closed groups,” which means they’re all private.

You can feel safe posting or commenting because your activity inside the group will only be seen by other group members and will not show on your personal Facebook page. Your Facebook friends would only see your group activity if they were also a member of that group.

It’s easy to sign up for a private group:

1. Sign in to your Facebook account. If you don’t already have an account, it’s easy to set one up.
2. Go to the Facebook group you’d like to join. Enter the name of the group in the Search box on the top or enter the link address below.
3. Click the “**Join Group**” button to send a request to the group administrators.
4. Wait to be admitted into the group — check the page later if you don’t get a message or notification.

Check the description section of the group page to find out what it’s focused on. Some groups include special instructions to join or community guidelines in this section.







## FACEBOOK SUPPORT GROUPS

### Caregivers Connect\* Facebook Group

*\*not affiliated with City of Hope's Caregivers Connect Support Group*

Caregivers Connect is a closed Facebook community (not connected to City of Hope's Caregivers Support Group), created to bring a voice to family caregivers and related care industry professionals who are caring for a parent, spouse or loved one. Share personal experiences and stories with one another in order to provide support to other caregivers. *This group is sponsored by GreatCall — [greatcall.com](http://greatcall.com).*

### Caregivers Hub Support Group

The Caregivers Hub Support Group is a safe space for the brand new caregiver to learn and be supported by the veteran caregiver. All caregivers are welcome here. Caregivers Hub is a noncensored, nonjudgmental community for anyone who is physically, mentally, emotionally and spiritually providing care to another human being. Family caregivers and professional caregivers are welcome. There is a place for everyone here to share and learn from each other.

### Caregiver Support Group

This group is to give encouragement to caregivers of spouses, parents and/or children.

### The Caregiver Space Community

This supportive community of family and professional caregivers is a private space for all caregivers to connect. Both family and professional caregivers are welcome. This group is part of [TheCaregiverSpace.org](http://TheCaregiverSpace.org), a nonprofit for caregivers, by caregivers.

### Caring for the Caregiver

This support group is intended to be a private setting for all caregivers to express their thoughts and feelings.



Patient, Family and Community Education  
Department of Supportive Care Medicine

*May 2020*

[CityofHope.org](http://CityofHope.org)