



Monthly Support Groups

The following groups are free and open to family caregivers. Support groups provide a safe, non-judgmental environment in which caregivers can talk openly with each other about their issues and concerns. Some of the topics may include: preventing burnout, stress reduction, reducing feelings of guilt and frustration, and coping with role reversal. All groups are facilitated by Caregiver Resource Center Staff. **Caregivers are encouraged to call and confirm dates, times and locations.**

General Caregiver Groups

Brea — Thrive Not Survive

2nd and 4th Wednesday of the month, 10-11:30 a.m.
St. Jude Centers for Rehabilitation and Wellness
2767 E. Imperial Hwy.,
2nd Floor Conference Room, 92821

Laguna Woods — Thrive Not Survive

1st and 3rd Wednesday of the month, 10-11:30 a.m.
Regency at Renaissance, 24441 Calle Sonora, 92653

Orange — Thrive Not Survive

1st and 3rd Tuesday of the month, 7-8:30 p.m.
Park Plaza, 620 S. Glassell St., 92866

Telephone Support Group

1st and 3rd Fridays

June through August 2011 10:00 – 10:50 a.m.
Registration Required – Call: Karin Little 800-543-8312
(Senior Center Without Walls co-sponsored)

Specialized Groups

Fountain Valley — Huntington's Disease Group

(Breaks into 3 groups: caregivers, at-risk & individuals with HD)
2nd Sunday of the month, 6-7:30 p.m.
Carmel Village, 17077 San Mateo St., 92708

Fullerton — Comestibles (Aphasia)

Every Monday 10-12 noon
1st Presbyterian Church, 838 N. Euclid 92832

Garden Grove — Vietnamese Group

3rd Tuesday of the month, 5:30-7:00 p.m.
Acacia Adult Day Care, 11391 Acacia Pkwy, 92840

Santa Ana — Spanish Group

3rd Wednesday of the month, 9:30-11:00 a.m.
Sunflower Gardens, 3730 S. Greenville St., 92704

Online Support Group just for California caregivers:

www.Link2Care.net

Schedule subject to change; for more information, please call us at:

714-446-5030 or 800-543-8312

Caregiver Resource Center, 130 W. Bastanchury Rd. Fullerton, CA 92835