

Support Groups

*You don't have to navigate caregiving alone.
Connect with other caregivers who understand.*

To learn more about how to join a support group,
please call our office at 714.446.5030.

OUR SERVICES ARE FREE TO FAMILY CAREGIVERS.

Our support groups are facilitated by a CRC OC team member and offer a safe, non-judgmental environment where caregivers can speak openly with each other about their issues and concerns. This is a place where you can share your feelings, frustrations, and your joy.

Whether you're new to caregiving, managing a specific diagnosis, or looking for community, there's a group for you.

What to Expect:

- Groups tailored to your experience: general caregiving, relationship-specific, and disease-specific groups
- Available in English, Spanish, and Vietnamese
- Options to meet virtually, by phone, or in person
- No registration required
- Open to any caregiver, no matter where you live

“The Support groups on Zoom helped save my life. I depend on my group's support. The facilitator is excellent at the support she gives me & keeps things safe and on track!”

- CRC OC Caregiver

See our current support group calendar:
caregiveroc.org/support-groups

