

Support Groups for Family Caregivers

Southern Caregiver Resource Center offers professionally facilitated support groups for family caregivers. These groups are **open and ongoing, free of charge**, and registration is not required. Respite may be available for you to attend. Please call Southern Caregiver Resource Center for more information at (858) 268-4432.

<u>Caregiver Support Group – Kearny Mesa</u> When: 2nd and 4th Thursday of every month Time: 5:30 p.m. to 7:00 p.m. Location: Jewish Family Service Community Services Building 8788 Balboa Avenue, Room 229 San Diego, 92123 Facilitator: Elizabeth Parks, LCSW Family Consultant *This group has a focus on adult children who are caring for a parent, but is open to all caregivers	<u>Caregiver Support Group - Clairemont</u> When: 2nd and 4th Wednesday of every month Time: 1:30 p.m. to 3:00 p.m. Location: Clairemont Lutheran Church Room 1 4271 Clairemont Mesa Blvd. San Diego, 92117 Facilitator: Rebecca Boon, LCSW Family Consultant
<u>Caregiver Support Group – Cardiff by the Sea</u> When: 2nd and 4th Monday of every month Time: 1:30 p.m. to 3:00 p.m. Location: Belmont Village Senior Living Cardiff By The Sea The Club Room – Floor L2 3535 Manchester Avenue Cardiff By The Sea, 92007 Facilitator: Morgan Baker, MSW Family Consultant	<u>Caregiver Support Group – Rancho Bernardo</u> When: 1st and 3rd Thursday of every month Time: 5:30 p.m. to 7:00 p.m. Location: The Remington Club I Game Room- 1st Floor 16925 Hierba Drive San Diego, 92128 Facilitator: Dayna McAllister, MSW Family Consultant
<u>Caregiver Support Group – Vista</u> When: 2nd and 4th Tuesday of every month Time: 2:00 p.m. to 3:30 p.m. Location: Vista Branch Library 700 Eucalyptus Ave. Vista, 92084 Facilitator: Kristina Franco, MA Care Manager (619) 618-6266	<u>Caregiver Support Group – La Mesa</u> <u>STARTING January 16, 2020</u> When: 1st and 3rd Thursday of every month Time: 2:30 p.m. to 4:00 p.m. Location: San Diego Oasis Grossmont Shopping Center 5500 Grossmont Center Drive, Suite 269 La Mesa, 91942 Facilitator: Blanca Aguayo, MS Care Manager

De vuelta a la hoja para los grupos de apoyo en español.



Southern Caregiver Resource Center
Caring for those who care for others

Grupos de Apoyo para Cuidadores Familiares

*Southern Caregiver Resource Center ofrece grupos de apoyo para cuidadores de familiares guiado por personal profesional. Estos grupos permiten a los cuidadores compartir sus experiencias e ideas para aliviar el estrés y manejar el cuidado. Los grupos son **gratuitos** y no es necesario hacer cita.*

Cuidado temporal para ayudar con su ser querido puede ser disponible para que atienda los grupos. Para más información favor de llamar a nuestra oficina al 1-800-827-1008.

Chula Vista

Día: 1^{er} y 3^{er} Miércoles de cada mes
Horario: 4:30 p.m. a 6:00 p.m.
Lugar: Norman Park Senior Center
270 F Street
Chula Vista, 91910
Facilitador: Carol Ornelas, MA
Manejadora de Cuidado

San Ysidro

Día: 2^o y 4^o Jueves de cada mes
Horario: 3:00 p.m. a 4:30 p.m.
Lugar: San Ysidro Adult Day Health Center
3364 Beyer Blvd.
San Ysidro, 92173
Facilitador: Miriam Guillen-Ibarra, LMFT
Manejadora de Cuidado II
(619) 948-6640

**Si usted está cuidando de un familiar
o un amigo, lo invitamos a que asista al grupo
de su preferencia.**

**Estos grupos de apoyo son gratuitos y
abiertos al público. No se requiere
inscripción.**

**Para más información, por favor, llámenos
al 1 (800) 827-1008.**

See other side for English Support Groups.