

**Get
Connected**



**Online
Groups**

Support Groups

The most valuable support a family caregiver can receive is from a peer – someone who truly understands what it is like to care for a loved one. Support Groups provide a supportive atmosphere to share experiences and ideas as a way to ease the stress of caregiving.

Butte County & Surrounding Areas:

When: 1st & 3rd Tuesdays every month
Time: 1:30-3:00PM
Email: awatkins5@csuchico.edu

CSU, Chico Group:

When: 3rd Fridays every month
Time: 12:00-1:00PM
Email: dhumprehy@csuchico.edu

Redding Spouse Group:

When: 1st & 3rd Thursdays every month
Time: 2:00-4:00PM
Email: mmcnamara@csuchico.edu

Redding Group:

When: 2nd Thursday every month
Time: 2:00-4:00PM
Email: mmcnamara@csuchico.edu



Dates & Times Subject to Change

Visit our website:



Email:
mcr@csuchico.edu

Phone:
530.898.5925

Social Media:
[Facebook Page](#)