



## In Person 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.

**Get Connected**

**Butte County & Surrounding Areas**  
**Contact: 530.898.5925**

### Caregiver Group

When: 3rd Mondays every month

Where: The Terraces in Chico  
2750 Sierra Sunrise Terrace

Time: 10:00AM



**Dates & Times**

**Subject to Change**

Visit our website:



Email:  
[mcrc@csuchico.edu](mailto:mcrc@csuchico.edu)

Phone:  
530.898.5925

Social Media:  
[Facebook Page](#)