



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

Shasta County Groups Contact 530.221.1900

- **Caring for a Spouse**
When: 1st Thursdays monthly
Time: 2:00 PM
Where: Oakmont Senior Living
2150 Bechelli Ln., Redding
(park across street at big flag)
- **Caregiver Group**
When: 2nd Thursday monthly
Time: 2PM
Where: Oakmont Senior Living
2150 Bechelli Ln., Redding
(park across street at big flag)

Dates & Times Subject to Change



Visit our website:



Email:
mcrc@suchico.edu

Phone:
530.898.5925

Social Media:
[Facebook Page](#)