



## 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**

**Tehama County**  
**Contact: 530.898.5925**

**Red Bluff Caregiver Group**  
When: 3rd Fridays every month  
Where: 545 Diamond Ave.  
Tehama County Library  
Time: 1:30pm

Dates & Times **Subject to Change**



Visit our website:



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

Phone:  
530.898.5925

Social Media:  
[Facebook Page](#)