



# **FREE CAREGIVING SUPPORT AND EDUCATIONAL WORKSHOPS**

**EVERY 3<sup>rd</sup> WEDNESDAY  
OF EACH MONTH**

**1:00 – 2:30 p.m.**

**Mt. Shasta Baptist Church**  
812 Lassen Lane, Mt. Shasta

A support group is being offered monthly on the **3<sup>rd</sup> Wednesday** of each month. We will address **YOU** face while caregiving for **YOUR** loved one while providing a safe and supportive environment where we share with others who are dealing with like issues.

**Contact 530-640-2933 to register  
or for more information.**

Facilitated by Analuisa Orozco, MSW, LCSW  
Of  
AO Consulting

Serving Modoc, Lassen and Shasta Counties

 **PASSAGES**  
Caregiver Resource Center

### **MISSION**

*“To improve the quality of life for caregivers and those they care for by providing information, resources, and support that contribute to overall wellness while caregiving.”*

### **VISION**

*For all caregivers to be...*

- *Healthy as they care for their loved one.*
- *Confident in their caregiving skills and decisions.*
- *Able to access resources and information as needed.*
- *Knowledgeable about, and practicing, self-care.*
- *Resilient in the face of challenges.*

Counties served: Butte, Colusa, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama, Trinity.

**CHICO**  
25 Main Street, Ste. 202  
Chico, CA 95929-0799  
(530) 898-5925

 **PASSAGES**  
Caregiver Resource Center  
800-995-0878  
[www.PassagesCenter.org](http://www.PassagesCenter.org)

**REDDING**  
169 Hartnell Ave. Ste.115  
Redding, CA 96002 (530) 221-1900