



**Get
Connected**

Online 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.

Chico State Group:

When: 3rd Fridays every month

Time: 12:00 PM

Email: Adcardwell@csuchico.edu

Butte County & Surrounding Areas:

When: 4th Wednesdays every month

Time: 1:30PM

Email: Adcardwell@csuchico.edu

Shasta County & Surroundings Areas:

When: 3rd Thursdays every month

Time: 11:00AM

Email: Mfernandez31@csuchico.edu



Dates & Times Subject to Change

Visit our website:



Email:
mcrc@csuchico.edu

Phone:
530.898.5925

Social Media:
[Facebook Page](#)