



## Family Caregiver Cafés

The most valuable support a family caregiver can receive is from a peer - someone who has been through what they are going through and can truly understand what it is like to care for a loved one.

### **Butte County (530.898.5925)**

#### **Chico**

3<sup>rd</sup> Mondays monthly  
10:00am – 11:30am  
The Inn at The Terraces (Shasta Room)  
2750 Sierra Sunrise Terrace

#### **Chico – Parkinson's Care Partners**

3<sup>rd</sup> Tuesdays monthly  
10:30am – 12pm  
The Inn at the Terrace (Shasta Room)  
2750 Sierra Sunrise Terrace

#### **Oroville**

2<sup>nd</sup> Wednesdays monthly  
2:00pm – 3:30pm  
Feather River Senior Citizen Center  
1335 Myers Street

#### **Paradise**

2<sup>nd</sup> Fridays monthly  
11:00am – 12:30pm  
Paradise Genealogical Society  
1499 Wagstaff Rd.

### **Glenn County (530.898.5925)**

#### **Orland**

1<sup>st</sup> Wednesdays monthly  
10:00am - 11:30am  
Glenn County Senior Center  
19 Walker Street

### **Tehama County (530.898.5925)**

#### **Red Bluff**

2<sup>nd</sup> Tuesdays monthly  
1:30pm – 3:00pm  
Tehama County Library  
545 Diamond Avenue

### **Plumas County (530.898.5925)**

#### **Quincy**

4<sup>th</sup> Wednesdays monthly  
11:00am - 12:30pm  
Plumas Rural Services  
545 Diamond Avenue

*Dates, times, and locations are subject to change.*

*Please call before attending, if it is your first time going or you haven't been in a while.*



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### **Lassen County (530.251.1490)**

#### **Susanville – Collaboration with Northeastern Rural Health Clinic**

2nd Tuesdays monthly

2:00pm – 4:00pm

Northeastern Rural Health Clinic

1850 Spring Ridge Drive

### **Siskiyou County (530.221.1900)**

#### **Mt. Shasta -RSVP Required**

3rd Wednesdays monthly

1:00pm – 2:30pm

812 Lassen Lane

### **Shasta County (530.221.1900)**

#### **Redding – Caring for a Spouse**

1st Thursdays monthly

2:00pm – 4:00pm

Oakmont Senior Living

2150 Bechelli Lane

### **Trinity County (530.221.1900)**

#### **Weaverville**

4th Thursdays monthly

1:00pm – 2:30pm

Trinity County Office of Education

201 Memorial Drive

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