



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

3rd Mondays monthly

10:00am – 11:30am

- **The Lodge at The Terraces**
(Shasta Room)
2750 Sierra Sunrise Terrace
- **Provincial Senior Living**
(Movie Room located upstairs)
2801 Cohasset Road

Chico - Parkinson's Care Partners

3rd Tuesdays monthly

10:30am – 12pm

The Lodge at the Terrace (Shasta Room)

2750 Sierra Sunrise Terrace

Oroville

2nd Wednesdays monthly

2:00pm – 3:30pm

Feather River Senior Citizen Center

1335 Myers Street

Paradise

2nd Fridays monthly

11:00am – 12:30pm

Paradise Genealogical Society

1499 Wagstaff Rd.

Glenn County (530.898.5925)

Orland

1st Wednesdays monthly

10:00am - 11:30am

Glenn County Senior Center

19 Walker Street

Tehama County (530.898.5925)

Red Bluff

2nd Tuesdays monthly

1:30pm – 3:00pm

Tehama County Library

545 Diamond Avenue

Plumas County (530.898.5925)

Quincy

4th 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

Shasta County (530.221.1900)

Redding – Caring for a Spouse

1st Thursdays monthly
2:00pm – 4:00pm
Oakmont Senior Living
2150 Bechelli Lane

Redding – Caregiver Group

Collaboration with Connected Living

RSVP required for respite – 530.226.3000

3rd Wednesdays monthly
5:30pm – 6:30pm
Dignity Health – Connected Living
200 Mercy Oaks Drive

Siskiyou County (530.221.1900)

Mt. Shasta -RSVP Required

3rd Wednesdays monthly
1:00pm – 2:30pm
812 Lassen 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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