



## Caregiver Support Group

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 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**

3<sup>rd</sup> Tuesdays monthly

10:30am - 12pm

The Lodge at the Terrace (Shasta Room)

2750 Sierra Sunrise Terrace

#### **Oroville**

1st Tuesdays monthly

2:00pm - 3:30pm

Oroville Library

1820 Mitchell Ave.

#### **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

711 East Main Street

*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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