



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 Groups:

- **Men's Caregiver Club**
2nd Mondays monthly
10am-11:30am
The Lodge (Shasta Room)
2750 Sierra Sunrise Terrace
- **Caregiver Group**
3rd Mondays monthly
10:00am – 11:30am
The Lodge (Shasta Room)
2750 Sierra Sunrise Terrace
- **Parkinson's Care Partners**
3rd Tuesdays monthly
10:30am – 12pm
The Lodge (Shasta Room)
2750 Sierra Sunrise Terrace

Oroville Caregiver Group

1st Tuesdays monthly
2:00pm – 3:30pm
Pacifica-Country Crest Senior Living
55 Concordia Lane

Paradise Caregiver Group

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

Tehama County (530.898.5925)

Red Bluff Caregiver Group

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

Plumas County (530.898.5925)

Quincy Caregiver Group

RSVP required

4th 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

Siskiyou County (530.221.1900)

Mt. Shasta Caregiver Group

RSVP required

3rd Wednesdays monthly
1:00pm – 2:30pm
First Baptist Church
812 Lassen Lane

Shasta County (530.221.1900)

Redding Groups:

➤ **Caregiver Group**

1st Thursdays monthly
11am – 1pm
Oakmont Senior Living
2150 Bechelli Lane

➤ **Connected Living Group**

RSVP required for respite

530.226.3000

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

Trinity County (530.221.1900)

Weaverville Caregiver Group

4th Thursdays monthly
1:00pm – 2:30pm
Trinity County Office of Education
201 Memorial Drive

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