

County	Type of Group	Meetings	Location	Facilitator
Amador	Alzheimer's Caregiver Support Group	4th Wednesday 10:30 am -12:30 pm	Amador Senior Center 229 New York Ranch Road Jackson, CA 95642	209-223-0442
Amador	Dementia/Alzheimer's Support Group	2 nd Wednesday 5:30 pm – 7:00 pm	Gold Quartz Inn Activity Room 15 Bryson Dr Sutter Creek, CA 95685	Susan Tomasich (209) 257-1377 ext. 306
Amador	Stroke Support Group	1st Thursday 3:00 PM	Sutter Amador Hospital 200 Mission Blvd. Jackson, CA 95642 Meadows Room	Linda Zender (209) 267-0937
Calaveras	San Andreas Movers & Shakers ... it's not OUR fault! PD and Neurological Support Group	1st Tuesday/ Month 10:00 am – 12:00 pm	San Andreas Library 1299 Gold Hunter Road San Andreas, CA 95249	Barbara Pollard (209) 754-5360 Rex Whisnad (209) 785-8166
El Dorado	Alzheimer's and Dementia Caregiver Support Group "My Time"	1 st Friday of the month 1:30 – 3 pm	Placerville Senior Center, Main Dining Room 937 Spring St. Placerville, CA 95667	Ruth Michelson, LMFT (530) 621-6180
El Dorado	Alzheimer's Caregiver Support Group – Cameron Park	3 rd Tuesday 6:00 pm – 7:30 pm	Ponte Palmero 3081 Ponte Morino Drive Cameron Park, CA 95682	Leah Grundhoffer (530) 677-9100
El Dorado	Care Partner Support Group (Alzheimer's Association)	Last Thursday of the month 10:30 am – 12:00 pm	El Dorado County Senior Day Care Program Gilmore Senior Center 990 Lassen Lane El Dorado Hills, CA 95762	Jillien Smith (8900) 272-3900

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El Dorado	Alzheimer's Caregiver Support Group – Placerville Call prior to attending	3rd Monday 10:00 am - 11:30 am (No meetings in August)	Elder Options Annex 82 Main St. Placerville, CA 95667	Carol Heape (530) 626-6939
El Dorado	Alzheimer's Caregiver Support Group – South Lake Tahoe	2nd Thursday 5:30 pm - 7:00 pm	South Lake Tahoe Senior Center 3050 Lake Tahoe Blvd. South Lake Tahoe, CA 96150	Tami Bragg (530) 621-6192
El Dorado	Alzheimer's Caregiver Support Group "After 5:00"	2nd Wednesday 5:30 pm - 7:00 pm	Placerville Senior Day Care Center 935-A Spring St. Placerville, CA 95667	Nancy Wilson (530) 621-6180
El Dorado	Alzheimer's Caregiver Support Group "Caring & Sharing" (Alzheimer's Association)	3rd Tuesday 5:30 pm - 7:00 pm	El Dorado Hills Senior Center 990 Lassen Lane (corner of Lassen and El Dorado Hills Blvd) El Dorado Hills, CA 95634	Ginger McMurchie and Tiffany Whitmore (800) 272-3900
El Dorado	Alzheimer's Caregiver Support Group "Resources & Sharing on the Divide"	2 nd Tuesday 2:30 pm – 4:00 pm	Greenwood Community Center 4401 Hwy 193 Greenwood, CA 95635	Laurie Carter (530) 621-6192
El Dorado	Mobility Support – Placerville	4 th Monday 6:30 pm	Pizza Factory 1242 Broadway, Placerville, CA 95667	(530) 295-7620 295-3842
El Dorado	Multiple Sclerosis Support Group	2nd Saturday 1:00 pm	Hangtown Travel 1244 Broadway Placerville, CA 95667	(530) 295-3356

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El Dorado	Parkinson's Disease Support Group – El Dorado Hills	2nd Tuesday 12:00 pm	Four Season's Community Bldg Media Room 3186 Four Seasons Drive El Dorado Hills, CA 95762	Betsy Alver (916) 933-2465 Donna Rixman (916) 712-9642
El Dorado	Parkinson's Disease Support Group - Placerville	1st Tuesday 1:30 pm – 3:00 pm	Placerville Senior Center (Dining Room) 937 Spring St. Placerville, CA 95667	Larry Morgan (530) 622-8941 Tom & Nancy Schulz (530) 644-3473
El Dorado	Stroke Survivors and Caregiver Support Group	4th Wednesday 12:00 pm – 1:30 pm	Wilkinson-Hupcey Building 681 Main Street, Rm. 208 Placerville, CA 95667	Janice Curtin (530) 626-2633
Nevada	Alzheimer's Caregiver Support Group – Grass Valley	2 nd & 4 th Tuesday, 1:30 - 3:30 PM	Atria 150 Sutton Way Grass Valley, CA 95945	Judy Kautz (530) 274-6350
Nevada	Memory Loss Care Partner Support Group	1 st Wednesday of the month 1 – 2:30 pm	Eskaton Village Grass Valley In the theater 625 Eskaton Circle Grass Valley, CA 95945	Barbara Larsen (530) 273-1778
Nevada	Alzheimer's Caregiver Support Group – Grass Valley Not Accepting Calls	2nd Monday, 6:30 – 7:30 PM	Sierra Nevada Memorial Hospital 155 Glasson Way Grass Valley, CA 95945	Annie Mikal (530) 613-5707
Nevada	Alzheimer's Caregiver Support Group – Incline Village	Last Monday 3:00 PM – 5:00 PM	Call for location and time (Truckee) Parasol Bldg. Incline Way, Incline Village	John Isaacson (775) 833-1123

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Nevada	Alzheimer's Outreach Project Caregiver Support Group	4 th Tuesday, 1:30 – 3:30 PM	Atria 150 Sutton Way Grass Valley, 95945	Renee Chevaux (530) 274-6350 x250
Nevada	Parkinson's Disease Support Group	2nd Friday, 1:30 PM	Atria Act. Room 150 Sutton Way Grass Valley, CA 95945	Nancy Lockwood (530) 272-7950
Placer	Alzheimer's Caregiver Support Group - Auburn	1st and 3rd Friday, Noon	Auburn Presbyterian Church 13025 Bell Air Drive Auburn, CA 95603	Sue Galvez (530) 878-2428
Placer	Alzheimer's Caregiver Support Group – Auburn	3 rd Friday, 1 – 2:30 PM	Seniors First 12183 Locksley Lane, Suite 205 Auburn, CA 95602	Joni Trykar (530) 889-9500
Placer	Alzheimer's Caregiver Support Group – Auburn	2 nd and 4 th Friday, 12:00 – 1:30 PM	Sierra Ridge Memory Care 3265 Blue Oaks Drive Auburn, CA 95602	Colleen Magda (530) 887-8600
Placer	Alzheimer's Caregiver Support Group - Rocklin	4th Wednesday, 7:00 - 8:30 PM	Atria Rocklin Meeting in the Clubhouse 3201 Santa Fe Way Rocklin, CA 95765	Alan Katz (916) 316-6618
Placer	Alzheimer's Caregiver Support Group - Roseville	4th Friday, 1:30 - 3:00 PM	Maidu Community Center 1550 Maidu Drive Roseville, CA 95661	Denise Davis (800) 272-3900

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Placer	Alzheimer's Caregiver Support Group - Roseville	3rd Thursday, 6:30 - 8:00 PM	Sun City Main Timbers Lodge Aspen Room 7050 Del Webb Blvd. Roseville, CA 95747	Jim Drennan Marge Cowan (800) 272-3900 Denise Davis (800) 272-3900
Placer	Alzheimer's Caregiver Support Group - Roseville	2 nd Tuesday, 3:30 - 4:30 PM	Alta Manor Assisted Living & Memory Care 930 Oak Ridge Roseville, CA 95661	Susan (916) 774-0200
Placer	Alzheimer's Caregiver Support Group -Roseville	1st Thursday, 9:30 - 10:30 AM	Somerford Place 110 Sterling Ct. Roseville, CA 95661	Margaret Allison (916) 772-6500
Placer	Ataxia Support Group This support group is open to all Ataxia patients and their family members, significant others and/or caregivers.	3rd Saturday, 1:00 - 4:00 PM	Sutter Roseville Medical Center - Conf. Room 8 One Medical Plaza Drive Roseville, CA 95661	Teresa Bredberg (916) 421-21273 (916) 215-2686
Placer	Bereavement Support Group	2nd and 4th Wednesdays, 10:30 - Noon	Senior Center 5501 High St. Auburn, CA 95603	(530) 886-6650
Placer	Bereavement Support Group	1st and 3rd Wednesdays, 6:30 - 8:00 PM	Sutter Auburn Faith Hospice 11775 Education Street, Ste 201 Auburn, CA 95602	Cindy Rogers (530) 886-6650
Placer	Caregiver Support Group - Auburn	3 rd Friday, 1-2:30 PM	Auburn Senior's First 12183 Locksley Lane, Ste 108 Auburn, CA 95602	Joanie (916) 705-3552

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Placer	Caregiver Support Group – Lincoln	3 rd Thursday, 9-10:30 AM	Lincoln Library 485 12 Bridges Library Lincoln, CA 95648	Joanie (916) 705-3552
Placer	Caregiver Support Group - Roseville	2 nd Tuesday, 11:00 – 12:00 pm	APEX Care 1100 Melody Lane, Seminar Room Roseville, CA 95678	Reserve (916) 242-9111
Placer	Caregiver Support Group – Roseville (Dementia Related and other Diseases)	3 rd Friday, 9:00 am - 10:30 am	Maidu Community Center 1550 Maidu Drive Roseville, CA 95661	Joanie (916) 705-3552
Placer	Depression Management Support Group For individuals 55 and above	Every Friday 1:00 pm -3:00 pm	Placer Independent Resource Services 11768 Atwood Rd., Suite 29 Auburn, CA 95603	(530) 885-6100
Placer	Multiple Sclerosis Support Group – Self Help Group	1 st Tuesday, 1:00 pm-3:00 pm	Kilaga Springs Lodge Terracotta Room 1167 Sun City Blvd Lincoln, CA 95648	
Placer	Parkinson Caregiver’s Lunch Support Group – Auburn	2 nd Tuesday, 12:00 pm	Awful Annie’s Restaurant Banquet Room 13460 Lincoln Way Auburn, 95603	Cindy Christensen (530) 355-0742 Sally Horst (530) 878-2226
Placer	Parkinson Disease Support Group – Auburn	3 rd Tuesday, 1:30 PM	Pioneer Methodist Church Pioneer Parlor 1338 Lincoln Way Auburn, CA 95602	Cindy Christensen (530) 355-0742 Sally Horst (530) 878-2226

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Placer	Parkinson's Disease Support Group - Lincoln	3rd Tuesday, 10:00 AM	Granite Springs Church 1170 East Joiner Parkway Lincoln, CA 95648	Brenda Cathey (916) 253-7537 Marsha Mobley Kilian (916) 295-4097
Placer	Parkinson's Disease Support Group - Roseville	1st Tuesday, 1:30 - 3:00 PM	Maidu Community Center 1550 Maidu Drive Roseville, CA 95661	Harry Butler (916) 837-3366
Placer	Stroke Support Group	4 th Monday, 1:00 - 2:15 PM	Kaiser Permanente Med (Physicians Conference Rm.) 1001 Riverside Dr., Junction Bldg. Ctr Roseville, Junction	Dr. Anne Higgins Dr. Valerie Wolfe (916) 771-7787
Placer	Stroke Support Group	2nd Tuesday, 1:30 - 3:30 PM	Sutter Roseville Medical Plaza Sutter Rehabilitation Institute 6 Medical Plaza Drive, Bldg. 6 Roseville, CA 95661	Christa Bartkoski (916) 878-2588
Placer	Widowed Persons Support Group	1 st & 3 rd Friday 10-11:30 PM	Maidu Community Center 1550 Maidu Drive Roseville, CA 95661	Joann Woodard 916-745-1542
Placer	Woman's Support Group	Every Wednesday and Thursday 1:00-3:00 pm	Placer Independent Resource Services 11768 Atwood Rd., Suite 29 Auburn, CA 95603	Michelle or Jeff (530) 885-6100

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Placer	Women's Depression/Bipolar Support Group	Every Monday, 5:00 – 7:00 PM. Friday 1:00 – 3:00 PM (family support)	Placer Independent Resource Services 11768 Atwood Rd., Suite 29 Auburn, CA 95603	(530) 885-6100 Leslie (must call before attending)
Sacramento	ALS Support Group For individuals with ALS and their caregiver/families	3rd Saturday, 10:30 AM - 12:30 PM Call For Location 4th Wednesday, 10:30 AM – 12:30 PM	ALS Association 2717 Cottage Way, ste 17 Sacramento, CA 95825-1215	Nancy Ferguson Nancy Wakefield (916) 979-9265
Sacramento	Alzheimer's Aid Society Support Group for Individuals with Memory Loss	Every Tuesday, 10:30 AM, 12:00, 2:00-3:30 PM	Alzheimer's Aid Society 2641 Cottage Way, Suite 4 Sacramento, CA 95825	Ruth Harris (916) 483-2002
Sacramento	Alzheimer's Aid Society Support Group for Individuals with Memory Loss	Every Tuesday, 2:00-3:30 PM	Alzheimer's Aid Society 2641 Cottage Way, Suite 4 Sacramento, CA 95825	Doug Souvignier (916) 483-2002
Sacramento	Alzheimer's Aid Society Support Group for Individuals with Memory Loss	Every Wednesday, 10:00 AM Last Wednesday of Month, 6:30 PM	Revere Court 7707 Rush River Drive Sacramento, CA 95831	AM Lori Gales PM Leon Bolds-King (916) 392-3510
Sacramento	Alzheimer's Caregiver Support Group	Last Tue. Month, 10:00 AM	Golden Pond Senior Living 3415 Mayhew Road Sacramento, CA 95827	Ajna Glisic (916) 369-8967
Sacramento	Alzheimer's Caregiver Support Group – Carmichael	Every Wednesday, 7:00 – 8:30 PM	Aegis Living Facility, Library, upstairs 4050 Walnut Ave. Carmichael, CA 95608	Cynda Rennie (916) 972-1313

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Sacramento	Alzheimer's Caregiver Support Group – Carmichael	3 rd Wednesday, 3 – 4:30 PM	Christ Community Church 5025 Manzanita Avenue, Rm. M-3 Carmichael, CA 95608	Denise Davis (800) 272-3900
Sacramento	Alzheimer's Caregiver Support Group – Carmichael	4 th Thursday, 3:30 – 5:00 PM	American River Community Church 3300 Walnut Avenue Carmichael, CA 95608	Denise Davis (800) 272-3900
Sacramento	Alzheimer's Caregiver Support Group - Carmichael	Every 2 nd and 4 th Wednesday, 2:30 – 4:00 PM	Oakmont 4717 Engle Road Carmichael, CA 95608	916-483-3800
Sacramento	Alzheimer's Caregiver Support Group – Citrus Heights	1 st Wednesday, 3:00 – 4:00 PM	Brookdale at Citrus Heights 7375 Stock Ranch Road Citrus Heights, CA 95621	Jodi (916) 729-2722
Sacramento	Alzheimer's Caregiver Support Group – Elk Grove	Tuesday 9:30 AM – 11:30 AM	Brookdale at Laguna Creek 6727 Laguna Park Drive Elk Grove, CA 95758	(916) 683-1881
Sacramento	Alzheimer's Caregiver Support Group – Elk Grove Call prior to attending because dates and times change periodically	2 nd & 4 th Thursdays, 5:00 PM – 6:00 PM	The Commons At Elk Grove 9564 Sabrina Lane Elk Grove, CA 95758	(916) 683-6833
Sacramento	Alzheimer's Caregiver Support Group – Elk Grove	2 nd Wednesday 10-11:30	Senior Center Elk Grove 8830 Sharkey Ave Elk Grove, CA 95624	(800) 272-3900

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Sacramento	Alzheimer's Caregiver Support Group - Fair Oaks	3rd Wednesday, 3:00 – 4:30 PM	Eskaton Community Services 8525 Madison Ave., #150 Fair Oaks, CA 95628	(916) 459-3220
Sacramento	Alzheimer's Caregiver Support Group – Folsom	3 rd Wednesday, 6:30 – 7:30 PM	Brookdale of Folsom 780 Harrington Way Folsom, CA 95630	Jessica Beck (916) 983-9300
Sacramento	Alzheimer's Caregiver Support Group – Folsom	2 nd Friday, 10:00 – 11:30 AM	Folsom Senior Center & Arts Center 48 Natoma St. Folsom, CA 95630	(800) 272-3900
Sacramento	Alzheimer's Caregiver Support Group – Orangevale	3 rd Wednesday 10:00 AM	Eskaton Fountain Wood 8773 Oak Ave. Orangevale, CA 95662	Sharon (916) 988-2200
Sacramento	Alzheimer's Caregiver Support Group – Rancho Murieta	1 st & 3 rd Wednesday, 3:00 – 4:00 PM	RMA Building 7191 Murieta Pkwy Rancho Murieta, CA 95683	Nan Parquette (916) 354-2281
Sacramento	Alzheimer's Caregiver Support Group – Sacramento	2 nd Friday, 3:00 PM – 4:00 PM	Triple "R" Midtown Hart Senior Center 915 27th Street Sacramento, CA 95816 (Cypress Room)	Chantell Albers (916) 808-6475
Sacramento	Alzheimer's Caregiver Support Group – Sacramento	2 nd Monday, 10:30 - 12:30 Noon	Kaiser Permanente Point West 1650 Response Rd. Conf. Room #3 or #6 Sacramento, CA 95815	(800) 272-3900

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Sacramento	Alzheimer's Caregiver Support Group - Sacramento	1 st & 3 rd Thursday, 11:30 AM – 1:30 PM	Gray Matters/DEARS 7604 Bellini Way Sacramento, CA 95828	Esther Thompson (916) 203-8385
Sacramento	Alzheimer's Caregiver Support Group – Sacramento Pocket Area	2 nd Wednesday, Noon – 1:00 PM	ACC Senior Services Center 7334 Park City Drive Sacramento, CA 95831	(916) 393-9026
Sacramento	Bereavement Support Group	1st and 3rd Wednesdays 7:00 – 8:30 PM	Kaiser Permanente, Point West Conference Room 2 1650 Response Road Sacramento, CA 95815	Will (916) 779-0811
Sacramento	Bereavement Support Group	1st and 3rd Wednesdays, 6:00 – 7:30 PM	Mercy San Juan Hospital 2 nd Floor Conference Room 2 6501 Coyle Ave. Carmichael, CA 95608	(916) 537-5098
Sacramento	Brain Aneurysm and AVM Support Group	4 th Saturday, 3:00 – 5:00 PM	UC Davis Medical Center Lawrence J. Ellison Ambulatory Care Center 4860 Y Street, Room 3015B Sacramento, CA 95817	Facilitator: Christi DeLemos Contact: Breana Hutchison (916) 734-5613
Sacramento	Brain Tumor Support Group A group offering emotional support and educational programs for brain tumor patients, their family and friends	1 st Wednesday, 6:30 – 8:00 PM	UC Davis Medical Center Lawrence J. Ellison Ambulatory Care Center 4860 Y Street, Room 3015B Sacramento, CA 95817	Facilitator: Karen Smith Contact: Breana Hutchinson (916) 734-5613
Sacramento	Caregiver Support Group	2nd, 3rd, & 4th Wednesday, 9:30 - 10:30 AM	Cordova Neighborhood Church 10600 Coloma Road Rancho Cordova, CA 95670	Rebecca Graulich (916) 635-5147

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Sacramento	Dementia Caregiver Writing & Poetry Support Group	1st Tuesday, Noon – 2:00 PM	Alzheimer's Association 1455 Response Rd Ste. 190 Sacramento, CA 95815	Frances Kakugawa (800) 272-3900
Sacramento	Dementia Support Group – Pocket Area	Every Wednesday 10:00 am – 11:00 am	Revere Court Memory Care 7707 Rush River Drive Sacramento, CA 95831	Casey Simon (916) 392-3510
Sacramento	Dementia Support Group – Orangevale	3 rd Wednesday, 10:00 AM – 11:00 AM	Eskaton Fountainwood Lodge 8773 Oak Ave. Orangevale, CA 95662	Sharon (916) 988-2200
Sacramento	Frontotemporal Dementia Support Group For Caregivers and loved ones diagnosed with Frontotemporal Dementia, Pick's Disease, FTD, or Primary Progressive Aphasia	4 th Wednesday, 7:00 – 8:30 PM	Shriner's Hospital 2425 Stockton Blvd. Sacramento, CA 95817	(916) 205-6456
Sacramento	Grieve & Grow Support Group	Thursdays, 7:30 - 9:00 pm	Sutter Center for Psychiatry 7700 Folsom Blvd. Sacramento, CA 95826	(916) 557-5882
Sacramento	Head Trauma Caregivers/Families Support Group Head Trauma Support Project	Every Thursday, 6:30-8:30 PM	Easter Seals 3205 Hurley Way Sacramento, CA 95864	(916) 568-6660
Sacramento	Head Trauma Support/Adult Children and Siblings of Survivors Support Group Ages 16 yrs +	3 rd Thursday, every other month 6:30 – 8:30 PM	Easter Seals 3205 Hurley Way Sacramento, CA 95864	(916) 568-6660

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Sacramento	Huntington's Disease Support Group	2nd Wednesday, 7:00 - 8:30 PM	UCD Ambulatory Care Center Ellison Building 3 RD Floor 4860 Y Street Sacramento, CA 95817	(916) 734-6277 Lisa Mooney
Sacramento	Lewy Body Dementia Support Group – Gold River For caregivers and loved ones of those diagnosed with LBD.	2nd Thursday, 10:00 – 11:30 PM	Eskaton Lodge Gold River 11390 Coloma Road Gold River, CA 95670	Denise Davis (800) 272-3900
Sacramento	Men's Caregiver Support Group - Caring for a Loved One at Home	3 rd Tuesday, 2:00 – 3:30 PM	Senior Care Solutions 8910 Sunset Ave Suite B Fair Oaks, CA 95628	Carol Kinsel (916) 965-5565
Sacramento	Men's Caregiver Support Group – Caring for a Loved One in a Care Setting	3 rd Thursday, 2:00 – 3:30 PM	Senior Care Solutions 8910 Sunset Ave Suite B Fair Oaks, CA 95628	Carol Kinsel (916) 965-5565
Sacramento	Multiple Sclerosis Support Group	2nd Friday, 10:00 AM – 12:00 PM	St. Joseph's Catholic Church 9961 Elk Grove-Florin Road Elk Grove, CA 95624	(916) 684-1677
Sacramento	Multiple Sclerosis Support Group - Moving On with Multiple Sclerosis - Carmichael	2nd Saturday, 10:00 AM	Mercy San Juan Physicians Plaza 6555 Coyle Ave. Carmichael, CA 95608	Sylvia (916) 349-1324
Sacramento	Multiple Sclerosis Support Group – MS Sisters Group	2 nd Saturday, 2:00 PM – 4:00 PM	A Touch of Class 4217 Stockton Blvd. Sacramento, CA 95820	

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Sacramento	Sacramento Peripheral Neuropathy Support Group	3 rd Tuesday, 1:30 pm – 3:30 pm Not July & December	North Minister Presbyterian 3235 Pope Ave Sacramento, CA 95821	Charles Moore (916) 485-7723
Sacramento	Parkinson's - Men's Group This is for men with PD only	1st Thursday, 10:00 AM	Crown Plaza Theater Room 1071 Fulton Ave. Sacramento, CA 95825	Arnold Loveridge (916) 485-0150 Jim Morris (916) 359-4859
Sacramento	Parkinson's Caregivers Lunch Bunch This group is for caregivers caring for someone with PD	3rd Tuesday, 11:00 AM	Ettore's 2376 Fair Oaks Blvd. Sacramento, CA 95825	Anne Spaller (916) 728-9333
Sacramento	Parkinson's Disease Support Group	3 rd Monday, 10:00 AM–12:00 PM <i>Jan, Mar, May, Jul, Sep, Nov</i>	Kaiser Post DBS Kaiser Sacramento (basement conf rooms 1-2) 2025 Morse Ave. Sacramento, CA 95825	Catherine Nitafan-Young (916) 973-6860
Sacramento	Parkinson's Support Group – Arden / Arcade	3 rd Thursday, 10:00 AM	Arden Christian Church 4300 Las Cruces Way Sacramento, CA 95846	Jim Morris (916) 359-4859
Sacramento	Parkinson's Disease Support Group – Capital Area	3 rd Wednesday, 2:30 – 4:30 PM <i>Feb, Apr, Jun, Aug, Oct, Dec</i>	Sutter Post DBS 2625 Capitol Ave. 4 th Floor Sacramento, CA 95816	Linda Ramatowski (916) 454-6936
Sacramento	Parkinson's Disease Support Group – Capitol Area	4th Thursday, 1:00 PM	Fremont Presbyterian Church 5770 Carlson Drive Sacramento, CA 95819	George Johnston (916) 765-7093

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Sacramento	Parkinson's Disease Support Group – Elk Grove	3 rd Wednesday, 10:00 am	Senior Center of Elk Grove 8830 Sharkey Ave. Elk Grove, CA 95624	Myron Jantzen (916) 686-4555
Sacramento	Parkinson's Disease Support Group – Folsom	3 rd Thursday, 11:30 AM – 1:00 PM	Round Table Pizza 2793 East Bidwell Street #100 Folsom, CA 95630	Larry Alver (916) 933-2465
Sacramento	Parkinson's Disease Support Group – Folsom	4 th Monday, 10:00 AM	Folsom Senior & Arts Center 48 Natoma Street Folsom, CA 95630	Yvonne Haskell (916) 353-1301 Mary Cabaluna (916) 987-1684
Sacramento	Parkinson's Support Group – Northeast Sacramento area	4 th Thursday, 1:00 PM – 2:00 PM	St. Mark's United Methodist Church 2931 St. Mark's Way Room E-24 Sacramento, CA 95684	Sean or Judy Tracy (916) 482-7014
Sacramento	Parkinson's Disease Support Group – Orangevale	1 st Thursday, 10:00 AM	Eskaton Fountainwood Lodge 8773 Oak Ave, Orangevale, CA 95662	(916) 988-2200
Sacramento	Parkinson's Disease Support Group – Sacramento Pocket Area	1 st Friday, 10:00 AM	Greenhaven Estates Senior Living 7548 Greenhaven Drive Sacramento, CA 95831	(800) 473-4636
Sacramento	Parkinson's Disease Support Group – South Area	2 nd Thursday, 1:00 PM	Asian Community Center 7375 Park City Drive Sacramento, CA 95831	Casey Jones (916) 422-7407

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Sacramento	Stroke Club Support Group	3rd Wednesday, 2:00 PM	Kaiser Permanente 6600 Bruceville Rd. Sacramento, CA 95823	(916) 771-6611
Sacramento	Stroke Survivors and Caregiver Support Group – Carmichael	Every Wednesday 11:30 - 12:30	Atria El Camino Gardens 2426 Garfield Ave. Carmichael, CA 95608	Helga 344-1435 or call Atria
Sacramento	Stroke Survivors and Caregiver Support Group – Folsom	4th Wednesday, 1:00 PM	Burger Rehabilitation Systems, Inc. 1301 East Bidwell Street, Suite 201 Folsom, CA 95630	(916) 988-4010 Sue Ordell
Sacramento	Stroke Survivors and Caregiver Support Group – Sacramento	3rd Tuesday, 11:00 – 12:00	Mercy Learning Center 6007 Folsom Blvd., Suite 2000 Sacramento, CA 95819	(916) 537-5177 Spencer Ellis
Sacramento	Stroke Survivors and Caregiver Support Group – Sacramento	1st, 3rd, & 5th Thursday, 11:00 – 12:30	Sutter Cancer Building 2800 L Street Room 3-4 Sacramento, CA 95816	(916) 455-4821
Sacramento	Stroke Survivors and Caregiver Support Group – Sacramento	Every Tuesday, 2:00 - 3:00 PM	UCD Ambulatory Care Center 4860 Y Street, Room 3015 Sacramento, CA 95817	(916) 734-3467
Sacramento	Widowed Persons Association of California Support Group	Sundays, 3:00 - 5:00 pm	2628 El Camino, Suite D-18 Sacramento, CA 95821	(916) 361-9183 Sandy Fox

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San Joaquin	Adult Children Caring for Aging Relatives Support Group	2nd Wednesday, 4:30 PM	Hutchins Street Square Senior Center 125 S. Hutchins St. Lodi, CA 95240	(Number no longer in service)
San Joaquin	ALS Support Group	1st Saturday	Stockton Kaiser 7373 West Lane Stockton, CA 95210	(Number no longer in service)
San Joaquin	Alzheimer Caregiver Support Group – Manteca	3 rd Wednesday, 12 PM	Prestige Senior Living 1130 Empire Ave. Manteca, CA 95336	Taylor Mead (209) 239-4531
San Joaquin	Alzheimer’s Caregiver Support Group - Lodi	2 nd Tuesday, 2 PM 4 th Thursday, 6 PM	Brookdale 2150 W. Kettleman Lane Lodi, CA 95242	Leticia Mah (209) 333-8033
San Joaquin	Alzheimer’s Caregiver Support Group – Stockton	Every Thursday, 10:00 – 11:30 AM	Villa Marche Assisted Living 1119 Rosemarie Lane Stockton, CA 95207	Karen Juncker Carla Little (209) 477-4858
San Joaquin	Alzheimer’s Caregiver Support Group – Stockton	2 nd Tuesday, 10:30 – 12:00 PM	Somerford Place 3530 Deer Park Drive Stockton, CA 95219	(209) 951-6500
San Joaquin	Alzheimer’s Caregiver Support Group – Stockton	3 rd Tuesday, 2:00 – 3:00 PM	Golden Living Center Portside 2740 North California Street Stockton, CA 95204	Armand Holland (209) 466-3522

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San Joaquin	Alzheimer's Caregiver Support Group – Stockton	Call for date & time	O'Connor Woods 3400 Wagner Heights Road Stockton, CA 95209	Kimberly Baumgarten (RN) (209) 956-3499
San Joaquin	Alzheimer's Caregiver Support Group – Stockton	Every Tuesday, 10:30 AM	Somerford Place 3530 Deer Park Drive Stockton, CA 95219	(209) 951-6500
San Joaquin	Alzheimer's Caregiver Support Group - Tracy	4th Thursday, 6:00 PM	Astoria Gardens 1960 W. Lowell Ave. (corner of Coral Hollow and Lowell) Tracy, CA 95376	Rebecca Langdon (209) 833-2200
San Joaquin	Alzheimer's Caregiver Support Group - Tracy	3 rd Tuesday, 6:00 PM	Brookdale Tracy 355 W. Grantline Road Tracy, CA 95376	Christina Wyatt (209) 833-2200
San Joaquin	Cancer Support Group Open to anyone dealing with cancer - patients, family and friends. Breast cancer, general cancer. Spanish speaking.	1st Tuesday, 6:00 PM. Different locations at Med Center, call for info	St. Joseph's Medical Center Sister Mary Pia Cancer Center 1800 N. California St. Stockton, CA 95204	(209) 467-6550 Jim Linderman 461-5069
San Joaquin	Caregivers Group	3 rd Tuesday, 10:00 AM–12:00 PM Every other month	Call for location and directions	Jean Whitted (209) 368-2809
San Joaquin	Life Skills Classes Open to anyone, includes breathing, meditation, imagery, reiki, etc.	3 rd Tuesday, 6:00 pm	St. Joseph's Medical Center 1800 N. California St. Stockton, CA 95204	(209) 467-6550

County	Type of Group	Meetings	Location	Facilitator
San Joaquin	Multiple Sclerosis Support Group - Stockton	2nd Thursday, 6:30 PM	St. Joseph's Medical Center Basement 2122 N. California, Stockton, CA 95204	Brenda Woehl-Patton (209) 951-0536
San Joaquin	Multiple Sclerosis Support Group - Tracy	2 nd Wednesday, 11 AM - 1 PM	Perko's Cafe 1321 W 11th St Tracy, CA 95376	(209) 833-6882
San Joaquin	Multiple Sclerosis Support Group Stockton check location	2nd Saturday, 10:00 AM	St. Joseph's Medical Center Cleveland School Classroom 2122 N. California St. Stockton, CA 95204	(209) 368-6026
San Joaquin	Parkinson's Disease Support Group - Lodi	3 rd Tuesday, 10:00 – 12:00 PM	Temple Baptist Church 801 South Lower Sacramento Road Lodi, CA 95242	Maureen Olson (209) 745-1011 John & Jean Whitted (209) 368-2809
San Joaquin	Parkinson's Disease Support Group - Stockton	2nd Thursday, 1:30 PM	O'Connor Woods West Hall 3400 Wagner Heights Rd. Stockton, CA 95209	Mary Ann Behrens (209) 477-6496
San Joaquin	Parkinson's Disease Support Group- Modesto	3 rd Wed 1:30-3:30 PM January - November	Trinity United Presbyterian Church 1600 Carver Rd Modesto, CA 95350	Debra Watson (209) 552-9043
San Joaquin	Parkinson's Early Onset Support Group - Stockton	3rd Saturday, 1:00 PM	Old Spaghetti Factory 2702 West March Lane Stockton, CA 95219	(800) 473-4636

County	Type of Group	Meetings	Location	Facilitator
San Joaquin	Stroke Club - Stockton	1st Wednesday, 10:30 am	St. Joseph's Medical Center 1800 N. California Street, Classroom 1 Stockton, CA 95204	(209) 467-6365 or (209) 473-6700
San Joaquin	Stroke Recovery Group	3rd Wednesday, 2:00 PM	Lodi Memorial Hospital Rehabilitation Dining Room 800 South Lower Sacramento Road Lodi, CA 95242	(209) 333-3123
San Joaquin	Stroke Support Group	3rd Thursday, 3:00 – 5:00 PM	Sutter Tracy Community Hospital Rehabilitation Dining Room 1420 N. Tracy Blvd. Tracy, CA 95376	(209) 830-2137
Sierra	Parkinson's Disease Support Group – High Sierra	First Friday of every month 1:30 – 2:30 PM	Golden West Restaurant 711 Main St. Hwy 49 Loyalton, CA 96118	Betty Ferguson (530) 993-4002
Sutter	Alzheimer's Caregiver Support Group	4th Saturday, 10:00 AM	Summerfield Senior Care Center 1224 Plumas Street Yuba City, CA 95991	(800) 540-3340
Sutter	Alzheimer's Caregiver Support Group	2nd Wednesday, 2:00 – 4:00 PM	St. Andrew Presbyterian Church – Library 1390 Franklin Road Yuba City, CA 95993	(800) 272-3900
Sutter	Parkinson's Disease Support Group – Yuba City	2nd Monday, 1:00 PM	Sutter Medical Foundation 969 Plumas Street, Suite 208 Yuba City, CA 95991	Janice Herbert (530) 673-3064 Joe Carmona (530) 751-2509

County	Type of Group	Meetings	Location	Facilitator
				George Chumbley (530) 671-0767 Mary Chumbley (530) 671-0767
Yolo	Alzheimer's Café Fun afternoon with entertainment, food, music, and games	3 rd Thursday, 2:00 – 4:00 PM	St. John's Retirement Village 135 Woodland Ave. Woodland, CA 95695	530-666-8828
Yolo	Alzheimer's Caregiver Support Group - Davis	3 rd Wednesday, 10:00 AM	Davis Senior Center 646 A Street Davis, CA 95616	(530) 265-0605
Yolo	Alzheimer's Caregiver Support Group - Woodland	2 nd Tuesday, 6:30 - 8:00 PM	Yolo Adult Day Health 20 N. Cottonwood St. Woodland, CA 95695	(530) 666-8828
Yolo	Alzheimer's Caregiver Support Group - Woodland	Every Friday 2:30 – 3:30 PM	St. John's Retirement Village 135 Woodland Avenue Woodland, CA 95695	(530) 662-1290
Yolo	Arthritis Support Group	1 st Thursday, 1:30 - 3:00 PM	Public Library 300 First Street Woodland, CA 95695	(530) 662-9038
Yolo	Caregiver Only	2 nd Wednesday, 1:30 – 3:00 PM	Davis Senior Center 646 A Street Davis, CA 95616	Karen Eagan (530) 564-4323

County	Type of Group	Meetings	Location	Facilitator
Yolo	Caregiver Saturday Club-“Time Off For Caregivers”. Sponsored by Citizens Who Care. This program provides respite for the caregiver, and a supervised activity time, including lunch, for their loved one.	2 nd & 4 th Saturday, 10:00 AM – 3:00 PM	Davis Senior Center 646 A Street Davis, CA 95616	(530) 758-3704
Yolo	Caregivers Support Group Support for those in a caregiving role for a child, spouse, sibling, or friend.	1 st & 3 rd Tuesday’s 10:00 – 11:30 AM	Davis Community Church 412 C Street Davis, CA 95616	(530) 753-2894
Yolo	Choices in Caring: You and Advance Care Planning	4th Friday’s, 1:30 PM	Woodland Medical Office 632 W. Gibson Rd Woodland, CA 95776	(530) 668-2600
Yolo	Grief Support Group for Adults A Yolo Hospice eight week support group, meeting three times a year	Call for information about upcoming meeting dates/times. Web: yolohospice.org	Yolo Hospice 1909 Galileo Ct., Suite A Davis, CA 95618	(530) 758-5566
Yolo	Hear! Hear! Support group for hearing-impaired	4th Monday, 10:00	Woodland Senior Center 2001 East St. Woodland, CA 95776	Dallas (530) 661-2001
Yolo	Living with Cancer Support Group	1st Tuesdays, 7:00 - 8:30 PM	Woodland Memorial Hospital Cafeteria/Lobby 1325 Cottonwood St. Woodland, CA 95695	(530) 669-5540
Yolo	Low Vision Support Group Information and support group individuals who are blind or have impaired vision. Call for location - meets off site.	1st and 3rd Tuesdays, 1:30 - 3:00 PM and 2nd Monday 1:00-3:00 PM	Woodland Senior Center 2001 East St. Woodland, CA 95776	(530) 661-5890

County	Type of Group	Meetings	Location	Facilitator
Yolo	Multiple Sclerosis Support Group	Last Wednesday, 6:00 – 8:00 PM	Woodland Memorial Hospital Dining Conference Room 5 1325 Cottonwood Street Woodland, CA 95695	Shannon (916) 821-3576
Yolo	Parkinson's Disease Support Group - Davis	3rd Tuesday, 1:30 PM	Davis Senior Center 646 A Street Davis, CA 95616	Dorothy Ross (530) 756-6024
Yolo	Parkinson's Disease Support Group - Woodland	4th Tuesday, 1:00 - 3:00 PM <i>No meeting Jul/Aug</i>	Woodland Senior Center 2001 East St. Woodland, CA 95776	Bernadette Murray (530) 661-1950
Yolo	Stroke Survivors and Caregiver Support Group	3rd Monday, 1:00 – 2:00 PM	Woodland Senior Center 2001 East St. Woodland, CA 95776	(530) 669-5341
Yolo	Stroke Survivors Support Group	1 st Tuesday, 7:00 – 8:30 PM	Woodland Memorial Hospital Cafeteria/Lobby 1325 Cottonwood St. Woodland, CA 95695	(530) 669-5540
Yolo	Women's Spouses Caregiver Support Group - Davis (They alternate between Atria in Davis and Palm Gardens in Woodland. Call for info. regarding location.)	2 nd Saturday, 10:30 AM – 12:30 PM	Atria Covell Gardens 1111 Alvarado Drive Davis, CA 95618	Peggy Phelps (530) 666-8828
Yolo	Women's Spouses Caregiver Support Group - Woodland (They alternate between Atria in Davis and Palm Gardens in Woodland. Call for info. regarding location.)	2 nd Saturday, 10:30 AM – 12:30 PM	Palm Gardens 240 Palm Ave. Woodland, CA 95695	Peggy Phelps (530) 666-8828

County	Type of Group	Meetings	Location	Facilitator
Yolo	Yolo Hospice-Bereavement Services Developing a Support System Through Shared Experiences-Persons planning to attend should be at least 90 days into their loss	Call for meeting time and location	Yolo Hospice 1909 Galileo Ct., Suite A Davis, CA 95618	(916) 758-5566
Yolo	Yolo Hospice-Body/Mind Care Through Yoga and Breathing Techniques	Call for meeting time and location	Yolo Hospice 1909 Galileo Ct., Suite A Davis, CA 95618	(916) 758-5566
Yolo	Yolo Hospice-Caregiver Support Group	1 st & 3 rd Saturday, 1:30 – 3:00 PM	Yolo Hospice 1909 Galileo Ct., Suite A Davis, CA 95618	(530) 601-5756
Yolo	Yolo Hospice-Children's Art Support Group	Call for meeting time and location	Yolo Hospice 1909 Galileo Ct., Suite A Davis, CA 95618	(530) 758-5566
Yuba	Alzheimer's Caregiver Support Group - Marysville	2 nd Wednesday, 1:30 PM	Prestige Assisted Living 515 Harris St. Marysville, CA 95901	Sherri Banford (530) 749-1786
Yuba	Parkinson's Disease Support Group	2 nd Monday, 1:00 PM	Sutter Medical Foundation 969 Plumas St Ste 208	Janice Herbert (530) 673-3064 Joe Carmona (530) 751-2509 George & Mary Lou Chumbley (530) 671-0767