



Southern Caregiver Resource Center
Caring for those who care for others

Caregiver Support Groups

Southern Caregiver Resource Center offers professionally facilitated support groups that meet on an ongoing basis and are free of charge. If you are a family caregiver, you may attend a support group. The groups listed below are currently offered via Zoom Video Conferencing, unless otherwise noted.

De vuelta a la hoja para los grupos de apoyo en español.

Pre-Registration is required. For more information please contact the Facilitator, your Family Consultant/ Care Manager or 1-800-827-1008/scrc@caregivercenter.org.

Tuesdays

When: 1st and 3rd Tuesday of every month

Time: 2:00 p.m. – 3:30 p.m.

Facilitator: Krysel Greyling, MSW, Family Consultant (858) 268-4432 ext. 112

Wednesdays

When: 1st and 3rd Wednesday of every month

Time: 10:00 a.m. – 11:30 a.m.

Facilitator: Gabriela Hernandez, MS, Family Consultant (858) 268-4432 ext. 129

Wednesdays (In-Person)

Pre-Registration Required

When: 2nd and 4th Wednesday of every month

Time: 12:30 p.m. – 2:00 p.m.

Facilitator: Alexandra Schultz, MSW, Family Consultant (858) 268-4432 ext.106

Wednesdays

When: 2nd and 4th Wednesday of every month

Time: 1:30 p.m. – 3:00 p.m.

Facilitator: Kirstie Uranga, MS, Family Consultant (858) 268-4432 ext. 136

Wednesday Evenings*

When: 2nd and 4th Wednesday of every month

Time: 5:30 p.m. – 7:00 p.m.

Facilitator: Mayra Reyes, MSW, Family Consultant (858) 268-4432 ext. 698

**This group has a focus on adult children who are caring for a parent, but is open to all caregivers.*

Thursdays

When: 1st and 3rd Thursday of every month

Time: 2:30 p.m. – 4:00 p.m.

Facilitator: Nayeli Smith, MSW, Family Consultant 858.268.4432 ext. 206

Thursday Evenings

When: 1st and 3rd Thursday of every month

Time: 5:00 p.m. – 6:30 p.m.

Facilitator: Tina Imada, MA, Family Consultant (858) 268-4432 ext. 139

Thursday Evenings*

When: 2nd and 4th Thursday of every month

Time: 5:30 p.m. – 7:00 p.m.

Facilitator: Veronica Duford, MA, Family Care Manager (858) 268-4432 ext. 130

**This group has a focus on adult children who are caring for a parent, but is open to all caregivers.*



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Grupos de Apoyo para Cuidadores

Southern Caregiver Resource Center ofrece grupos de apoyo para cuidadores de familiares guiado por personal profesional. Estos grupos permiten a los cuidadores compartir sus experiencias e ideas para aliviar el estrés y manejar el cuidado.

Los grupos son gratuitos y **se requiere pre-registro**.

Cuidado temporal para ayudar con su ser querido puede ser disponible para que atienda los grupos. Para más información favor de llamar a nuestra oficina al 1-800-827-1008.

Por cuestiones de COVID-19 (Coronavirus) los grupos de apoyo serán facilitados a través de ZOOM.

Martes

Día: 2º y 4º de cada mes

Hora: 2:30 p.m. – 4:00 p.m.

Facilitadora: Nayeli Smith, MSW, Consultora Familiar 858.268.4432 ext. 206

See other side for English Support Groups.