Virtual 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 offered via Zoom Video Conferencing. In-Person groups are listed on the next page.

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

Pre-Registration for virtual support groups is required. To register, 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: Victoria Randolph, LCSW, Family Consultant (858) 268-4432 ext. 112
*This group has a focus on individuals caring for a spouse, but is open to all caregivers.*

**Wednesdays**
- When: 1st and 3rd Wednesday of every month
- Time: 10:00 a.m. – 11:30 a.m.
- Facilitator: Gabriela Jackson, MS, Family Consultant (858) 268-4432 ext. 129

**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
*This group has a focus on individuals caring for a spouse, but is open to all caregivers.*

**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, LPCC, Clinical Supervisor (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 Consultant (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.*
In-Person Caregiver Support Groups

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

**Chula Vista Caregiver Support Group**
When: 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month  
Time: 12:30 p.m.– 2:00 p.m.  
Where: Southern Caregiver Resource Center  
891 Kuhn Drive, Suite 200  
Chula Vista, CA 91914  
Facilitator: Brent Doster, MSW, Family Consultant: (800) 827-1008 ext.204

**Clairemont Caregiver Support Group**
When: 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month  
Time: 12:30 p.m.– 2:00 p.m.  
Where: Clairemont Lutheran Church  
4271 Clairemont Mesa Blvd  
San Diego, CA 92117  
Facilitator: Sarah Hoffman, MSW, Family Consultant (800) 827-1008 ext.121

Grupos de Apoyo para Cuidadores Familiares

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

Este grupo de apoyo virtual se ofrece vía zoom. Se requiere registración previa. Para registrarse, comuníquese directamente con el facilitador, o su asesor familiar o llame al 1-800-827-1008 o envíe su interés a scrc@caregivercenter.org

**Martes**
Dia: 2º y 4º de cada mes  
Hora: 2:30 p.m. – 4:00 p.m.  
Facilitadora: Denise Krumholz, MSW, Asesor Familiar 858.268.4432 ext. 137

See other side for English Virtual Support Groups.