



Southern Caregiver Resource Center
Caring for those who care for others

Virtual Caregiver Support Groups

Southern Caregiver Resource Center offers professionally facilitated support groups for family caregivers that meet on an ongoing basis and are free of charge.

Pre-registration for virtual support groups is required. To register, please contact the Group Facilitator, your Family Consultant or Care Manager, or call (800) 827-1008.

Tuesdays*

Date: 1st and 3rd Tuesday of every month

Time: 2:00 P.M. - 3:30 P.M.

Facilitator: Victoria Randolph, LCSW

Contact: (858) 268-4432 ext. 112

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

Wednesdays

Date: 1st and 3rd Wednesday of every month

Time: 10:00 A.M. - 11:30 A.M.

Facilitator: Gabriela Jackson, MS

Contact: (858) 268-4432 ext. 129

Wednesdays*

Date: 2nd and 4th Wednesday of every month

Time: 1:30 P.M. - 3:00 P.M.

Facilitator: Kirstie Uranga, LMFT

Contact: (858) 268-4432 ext. 136

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

Wednesday Evenings*

Date: 2nd and 4th Wednesday of every month

Time: 5:30 P.M. - 7:00 P.M.

Facilitator: Mayra Reyes, LCSW

Contact: (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

Date: 1st and 3rd Thursday of every month

Time: 2:30 P.M. - 4:00 P.M.

Facilitator: Nayeli Smith, LCSW

Contact: (858) 268-4432 ext. 206

Thursday Evenings

Date: 1st and 3rd Thursday of every month

Time: 5:00 P.M. - 6:30 P.M.

Facilitator: Tina Imada, MA, LPCC

Contact: (858) 268-4432 ext. 139

Thursday Evenings*

Date: 2nd and 4th Thursday of every month

Time: 5:30 P.M. - 7:00 P.M.

Facilitator: Veronica Duford, MA

Contact: (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.*

Note: The groups listed on this page are offered virtually 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.



Southern Caregiver Resource Center

891 Kuhn Drive, Ste. 200 · Chula Vista, CA 91914

www.scrccare.org · scrcc@caregivercenter.org · (858) 268-4432



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY



LIVE WELL
SAN DIEGO



Southern Caregiver Resource Center
Caring for those who care for others

In-Person Caregiver Support Groups

Pre-registration is required. To register, or for more information, please contact the Group Facilitator, your Family Consultant or Care Manager, or call (800) 827-1008.

Chula Vista Caregiver Support Group

Date: 2nd and 4th Tuesday of every month
Time: 12:30 P.M. – 2:00 P.M.

Location: Address provided upon registration

Facilitator: Brent Doster, MSW
Contact: (800) 827-1008 ext. 204

Clairemont Caregiver Support Group

Date: 2nd and 4th Wednesday of every month
Time: 12:30 P.M. – 2:00 P.M.

Location: Address provided upon registration

Facilitator: Sarah Hoffman, MSW
Contact: (800) 827-1008 ext. 121

Grupos de Apoyo en Español 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.

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.

Grupo de apoyo virtual para cuidadores familiares

Cuando: 2do y 4to martes de cada mes
Horario: 2:30 p.m. – 4:00 p.m.

Facilitadora: Denise Krumholz, MSW
Contacto: (858) 268-4432 ext. 137

Grupo de apoyo presencial para cuidadores familiares

Cuando: 2do y 4to miércoles de cada mes
Horario: 12:00 p.m. – 1:30 p.m.

Ubicación: La dirección se compartirá al registrarse

Facilitadora: Xiomara Hernandez, BA
Contacto: (858) 717-8635



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