



Southern Caregiver Resource Center
Caring for those who care for others

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.*





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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: 2nd and 4th 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: 2nd and 4th 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

Día: 2^o y 4^o de cada mes
Hora: 2:30 p.m. – 4:00 p.m.

Facilitadora: Denise Krumholz, MSW, Asesor Familiar 858.268.4432 ext. 137

