

# Support Groups in Humboldt County

## Caregiver Support Groups

Caregivers of people with Alzheimer's and other dementias are welcome to come to a support group. These groups are also open to caregivers assisting people with other diagnoses as well, such as Stroke, MS and ALS. Call to confirm before attending.

**Arcata Day Group** meets 1st and 3rd Mondays, 10:00 am, at Mad River Community Hospital, 3800 Janes Road, Minkler Educational Room. Call 443-4875 or 822-4866.

**Eureka Day group** meets 1<sup>st</sup> and 3<sup>rd</sup> Mondays, 12:00 pm, at **Timber Ridge**, 2740 Timber Ridge Lane. Call 443-4875.

**Eureka Afternoon\*** group meets 2<sup>nd</sup> and 4<sup>th</sup> Mondays, 4:00 pm, at the **Eureka Adult Day Health** building, 1901 California Street. Call 443-4875.

**Ferndale group** meets 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 4:00 pm, at **St. Mark's Lutheran Church**, 795 Berding. Call 443-4875.

**Fortuna group\*** meets 1<sup>st</sup> and 3<sup>rd</sup> Thursday afternoons at **Fortuna Adult Day Health Services**, 2280 Newburg Road, 4 pm. Call 443-4875.

**Garberville group** meets the 2nd Thursday of each month, 2:00 pm, at the Mary Bendle Health Resource Center, 470 Maple Lane. Call Patti Rose at (707) 923-2275 to confirm before attending.

**McKinleyville group** meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays at 4 pm at **Timber Ridge McKinleyville**, 1400 Nursery Road. Call 443-4875.

**Willow Creek group** meets the 2nd and 4th Tuesdays at **Willow Creek Family Health Center**, 38883 Highway 299. Call (707) 443-4875 for details.

Newcomers are welcome at all of these groups. The Garberville group is being offered as a joint collaboration between the Redwood Caregiver Resource Center and the Alzheimer's Day Care Resource Center.

\*Caregivers attending the **Eureka Afternoon** and **Fortuna groups** may bring the person you are caring for to the group. Staff will spend time with your loved one while you attend the group. For more information, contact the Fortuna social workers at 725-6927, ext. 212 or 213. For Eureka, contact the social workers at 444-8254, ext. 206 or 207.

## Bereavement Support

**Hospice of Humboldt**, 2010 Myrtle Avenue, Eureka, has four Grief Support groups: In Eureka, at 2606 Myrtle Avenue in the Catholic Charities building on Wednesdays 5:30 to 7 pm, and Fridays 1 to 2:30 pm. In Fortuna: at Sequoia Springs on Wednesdays, 5:30 to 7 pm. In McKinleyville, at Timber Ridge Facility, 1400 Nursery Way, on Thursdays 1 to 2:30 pm. Call (707) 445-8443.

**Heart of the Redwoods Community Hospice:** Support Group meets Wednesdays at 7 pm at the Hospice House, 464 Maple Lane, Garberville. Sign-up is requested; drop-ins are okay. A Bereavement Support Group for Women meets Wednesdays, 1:30 to 3:30 p.m. Sign-up required. Call (707) 923-7276.

## Brain Injuries

**Making Headway, Inc.**, 618 Harris Street in Eureka, provides referral services for support groups, counseling services and respite care for persons living with traumatic brain injury (TBI). A Support Group meets at the Humboldt Senior Resource Center Mondays 5 pm to 6:30 pm. Call in advance: (707) 442-7668 or 443-8951.

## Cancer

**Breast Cancer Support Group**, Garberville. Call (707) 943-3552.

**Cancer Support Group** sponsored by Attitudinal Healing for the North Coast meets in Eureka and Arcata. Call (707) 444-2129 for location and time.

## Support Groups in Humboldt County

**Candlelighters of Humboldt County**, for all children with cancer, their families, and survivors of childhood cancer. Meets quarterly; call for date; 7 pm, at 2942 F Street, Eureka. Call (707) 445-2728.

**Humboldt Community Breast Health Project** sponsors support groups focusing on breast cancer and gynecological cancers.

- Breast cancer support groups are available: In Fortuna, at 2280 Newburg Road on the 1st Saturday of each month from 10 to 11:30 am. In Arcata at the Breast Health Project office at 987 8th Street on the 1st and 3rd Thursdays 6 pm to 7:30 p.m.
- Gynecological cancer support is available in Arcata at the Breast Health Project office on the 2nd and 4th Tuesdays from 3 pm to 4:30 pm.

The Humboldt Community Breast Health Project in cooperation with the American Cancer Society also hosts a brain cancer support group on the 1st and 3rd Thursdays from 2:30 to 4:30 pm. Call (707) 825-8345.

**Prostate Cancer Support Group**, sponsored by the American Cancer Society. For prostate cancer patients, family, caregivers and friends. Meets 2<sup>nd</sup> Tuesdays, 7 pm, at 2942 F Street, Eureka. Call (707) 442-1436.

**Women's Cancer Support Group** meets Thursdays at the Hospice House, 464 Maple Lane, Garberville, from 2:30 to 4 pm. Call (707) 923-7276.

### *Chronic Pain*

**American Chronic Pain Association** sponsors two support groups of members with chronic pain. In Eureka, a group meets Wednesdays from 2:30 to 4 pm at the Adorni Center, 1011 Waterfront Drive. A second group meets Tuesdays from 1:30 to 3 pm at the Church of the Joyful Healer, 2720 Central Avenue, McKinleyville. Call (707) 822-6187.

### *Community Resource Centers*

**St. Joseph Health System** maintains four community resource centers that reflect the needs of their particular community. Each of them provide information and referral services, and organize support groups as the need arises:

- **Blue Lake Community Resource Center**, 111 Greenwood Avenue, (707) 668-5239.
- **Eureka Community Resource Center**, 212 G Street, (707) 442-5239.
- **Rio Dell Community Resource Center**, 95 Center Street, (707) 764-5239.
- **Willow Creek Community Resource Center**, 38883 Hwy 299 (next to Bob's Shopping Center), (530) 629-3141.

### *Diabetes*

A free support group open to the public meets the 2nd Tuesday of each month at the Open Door Community Health Center, 1644 Central Avenue, Suite F, in McKinleyville. Call (707) 839-3068.

A support group meets the 4th Wednesday of each month, 7 to 8:30 pm, in Modular A at St. Joseph Hospital in Eureka. Call (707) 442-5239.

A support group meets the 3rd Wednesday of each month, 2 to 3 pm, in the administrative conference room at K'ima:w Medical Center in Hoopa. Call (530) 625-4559, ext. 230.

### *Disabilities*

**Tri-County Independent Living, Inc.** has two peer groups in Eureka:

- The **Cross Disability Peer Group**, for persons with any type of disability, meets 2nd and 4th Fridays at 1 pm and 2:30 pm at 955 Myrtle Avenue.
- The **Spinal Cord Injury Group**, for people with spinal cord injuries, their families and caregivers, meets 2nd and 4th Saturdays at 1 pm at General Hospital's Roof Conference Room, 2200 Harrison Avenue. Call (707) 445-8404.

### *Heart Disease*

**Mended Hearts**, a support group for people with heart disease and their family members, meets the 2nd Wednesday of each month at St. Joseph Hospital, 2700 Dolbeer Street, Eureka. Call (707) 443-2529.

### *Low Vision*

Low Vision support groups meet in Arcata, Eureka, Fortuna, McKinleyville and Willow Creek. Call (707) 822-4580 for Arcata; 839-0191 for McKinleyville; 445-3726 for Eureka; 726-9133 for Fortuna. Call 946-2291 about Southern Humboldt's telephone support group. Call (530) 629-2418 for Willow Creek.

### *Mental Health*

National Alliance for the Mentally Ill (NAMI): Local affiliate has two support groups for families of people with mental illness. One meets 1st Thursday each month, 7:30 pm; and one meets 3rd Thursday each month; both at Humboldt Bay Municipal Water District, 828 7th Street, Eureka. Call (707) 444-1600.

### *Multiple Sclerosis*

**Multiple Sclerosis Support Group** for persons with MS, their family and their caregivers, meets 1st Saturday each month, 10 am to noon, at the Adorni Center, 1011 W. Waterfront Drive, Eureka. Call (707) 839-0177.

### *Parkinson's*

**The Eureka Parkinson's Support Group** meets the 2nd Friday each month, 3 pm to 4 pm, at the Adorni Center. Call (707) 442-5245.

### *Stroke*

St. Joseph Hospital's Rehabilitation Center has formed a **Stroke Support Group** for survivors, their families, significant others and caregivers. The group meets the 2nd Wednesday of each month at 4 pm in the Rehab Conference Room on the 2nd floor of the General Hospital campus, 2200 Harrison Avenue, Eureka. Call (707) 441-4414.

**This listing of support groups in Humboldt County is provided by  
Caregiver Services, a program of the Area 1 Agency on Aging.**