



Caregiver Support Groups

CITY	FACILITATOR	LOCATION	TIMES
Arcata	Trained Peer Facilitator	Mad River Community Hospital Minkler Education Room 3800 Janes Road, Arcata	1st Tuesday 10:00 am - 11:00 am
Crescent City	Elizabeth Austen, Trained Peer Facilitator	Addie Meedom House 1445 Parkway Drive Crescent City 707-464-3311	2nd Wednesday 10:00 am - 11:00 am
Eureka	Trained Peer Facilitator	Timber Ridge Assisted Living Center 2740 Timber Ridge Lane, Eureka	1st & 3rd Tuesday 12:00 pm - 1:00 pm
Eureka	Rachael Riggs, ARC Program Manager	ADCRC Library-2nd Floor Building B 1901 California St, Eureka 707-444-8254, ext. 3220	2nd & 4th Monday 4:00 pm - 5:30 pm
Ferndale	Georgean Sawyer Trained Peer Facilitator	St. Mark's Lutheran Church 795 Berding (Corner of Fern) Ferndale 707-786-9353	2nd & 4th Wednesday 4:00 pm - 5:00 pm
Fortuna	Bobbie Good, BSW	Sequoia Springs Assisted Living Center 2401 Redwood Way, Fortuna 707-726-0111	2nd Tuesday 4:00 - 5:30PM
Garberville	Heidi Estabrook, MSW	Heart of the Redwoods Community Hospice 464 Maple Lane Garberville 923-7276	2nd & 4th Wednesday 1:00 pm - 2:00 pm
McKinleyville	Kelda Quintana, MSW Trained Peer Facilitator	Timber Ridge Assisted Living Center 1400 Nursery Rd, McKinleyville	1st Wednesday only 6:30 - 8:00 pm
Willow Creek	<i>This group is currently not meeting</i>	Willow Creek Family Health Center 38883 Highway 299 530-629-3111	<i>This group is currently not meeting.</i>



SPONSOR

The Alzheimer's Resource Center serves Humboldt and Del Norte counties and is a program of the Humboldt Senior Resource Center. HSRC offers activities, hot lunches, home-delivered meals, care management, adult day health care, Alzheimer's services, Long Term Care Ombudsman and Senior News. For more information, visit www.humsenior.org, or call 707-444-8254, ext. 3220.



For Caregivers

SENIOR SERVICES:

- *Humboldt Senior Resource Center* 443-9747
- *Senior Information and Assistance* 442-9591
Or 1-800-408-4636

ALZHEIMER'S AND RELATED SERVICES:

- *Alzheimer's Day Care and Resource Center* 443-9747
Support groups, day care, early diagnosis services, education and resources for people with dementia and their family or professional caregivers
- *Redwood Caregiver Resource Center* 1-800-834-1636
Counseling, education, long-term care planning for family caregivers of loved ones with brain impairment caused by chronic, disabling brain disorders that strike adults.

Medically-based Adult Day Care Programs:

- *Mad River Adult Day Health Care Services* 822-4866
- *Eureka Adult Day Health Care Services* 444-8254 ext. 3203

Special Social Programs for Early Dementia

- *Friends Café* 444-8254 ext. 3203

IMPORTANT: Caregiver stress is real and impacts your health. Caregiver support groups can help you cope with the stress. Please see the list on the other side of this sheet for available drop in groups.