# SUPPORT GROUPS IN HUMBOLDT COUNTY

<table>
<thead>
<tr>
<th>CITY</th>
<th>FACILITATOR</th>
<th>LOCATION</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arcata</td>
<td>Jamie Jensen, MSW</td>
<td>Mad River Community Hospital</td>
<td>1st Tuesday</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Minkler Education Room 3800 Janes Road, Arcata</td>
<td>10:00-11:00 am</td>
</tr>
<tr>
<td>Crescent City</td>
<td>This group is currently not</td>
<td>Del Norte Community Health Center</td>
<td>This group is</td>
</tr>
<tr>
<td></td>
<td>meeting</td>
<td>550 East Washington Blvd.</td>
<td>currently not meeting</td>
</tr>
<tr>
<td>Eureka</td>
<td>Jamie Jensen, MSW</td>
<td>Timber Ridge Assisted Living Center</td>
<td>1st &amp; 3rd Tuesday</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2740 Timber Ridge Lane, Eureka</td>
<td>12:00-1:00 pm</td>
</tr>
<tr>
<td>Eureka</td>
<td>Rachael Riggs, ARC Program</td>
<td>ADCRC Library-2nd Floor, Building B</td>
<td>2nd &amp; 4th Monday</td>
</tr>
<tr>
<td></td>
<td>Manager</td>
<td>1901 California Street, Eureka</td>
<td>4:00-5:30 pm</td>
</tr>
<tr>
<td>Ferndale</td>
<td>Georgean Sawyer, Trained Peer</td>
<td>St. Mark’s Lutheran Church</td>
<td>2nd &amp; 4th Wednesday</td>
</tr>
<tr>
<td></td>
<td>Facilitator</td>
<td>795 Berding (corner of Fern) (707) 786-9353</td>
<td>4:00-5:00 pm</td>
</tr>
<tr>
<td>Fortuna</td>
<td>Bobbie Good</td>
<td>Sequoia Springs Asstd. Living Ctr. 2401 Redwood Way, Fortuna</td>
<td>2nd Tuesday</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(707) 726-0111</td>
<td>4:00-5:30 pm</td>
</tr>
<tr>
<td>Garberville</td>
<td>This group is currently not</td>
<td>Redwoods Rural Health Center</td>
<td>This group is</td>
</tr>
<tr>
<td></td>
<td>meeting</td>
<td>101 West Coast Road (707) 923-2783</td>
<td>currently not meeting</td>
</tr>
<tr>
<td>McKinleyville</td>
<td>Keida Quintana, MSW, Trained Peer</td>
<td>Timber Ridge Assisted Living Center</td>
<td>1st Wednesday only</td>
</tr>
<tr>
<td></td>
<td>Facilitator</td>
<td>1400 Nursery Road McKinleyville</td>
<td>6:30-8:00 pm</td>
</tr>
<tr>
<td>Willow Creek</td>
<td>This group is currently not</td>
<td>Willow Creek Family Health Center</td>
<td>This group is</td>
</tr>
<tr>
<td></td>
<td>meeting</td>
<td>38883 Highway 299 Call (530) 629-3111</td>
<td>currently not meeting</td>
</tr>
<tr>
<td>SPONSORS</td>
<td>Jamie Jensen, MSW Dementia Care</td>
<td>Humboldt Senior Resource Center,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Consultant</td>
<td>Alzheimer’s Day Care &amp; Resource Center</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(707) 499-4757</td>
<td>(707) 444-8254 x 3202</td>
<td></td>
</tr>
</tbody>
</table>

Revised 03/01/2011
**Bereavement Support**

Hospice of Humboldt, 2010 Myrtle Avenue, Eureka, has three Grief Support groups: in Eureka, at 2010 Myrtle Avenue on Wednesdays from 5:30-7:00, and Fridays from 1:00-2:30; in Arcata at the Jacoby Storehouse, 4th Floor, Mondays from 6:00-7:30. Call (707) 445-8443.

---

**Brain Injuries**

Making Headway, Inc., 305 O 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 5:00-6:30. Call in advance: (707) 442-7668.

---

**Cancer**

Humboldt Community Breast Health Project sponsors support groups focusing on breast cancer and gynecological cancers. Breast cancer support groups are available in Arcata at the Breast Health Project office at 987 8th Street on the 1st and 3rd Thursdays from 6:00-7:30. Gynecological cancer support is available on the 2nd and 4th Tuesdays from 3:00-4:30. Any woman with a diagnosis of Stage IV breast, gynecologic and any other cancer, an Advanced Disease Support Group meets every Monday from 11:00-1:00. Call (707) 825-8345. Website: www.hcbhp.org

---

American Cancer Society 2942 F Street, Eureka sponsors support groups for prostate cancer patients, family, caregivers and friends, and meets on the 2nd Tuesday of the month from 7:00-9:00; a cancer support group meets every 4th Tuesday from 7:00-9:00; Look Good,

Feel Better for women undergoing cancer treatment meets every 3rd Tuesday from 5:30-7:00 (call ahead to register for this class); a smoking cessation class meets every 3rd Wednesday from 6:00-9:00; Nicotine Anonymous meets every Monday from 7:00-8:30; 'I Can Cope' offered to cancer patients and caregivers in the comfort of their home via telephone. 'I Can Cope' classes are also available online, go to www.cancer.org/onlineclasses. Call (707) 443-2241.

---

**Community Resource Centers**

St. Joseph Health System maintains four community resource centers that reflect the needs of their particular community. Each of them provides information and referral services, and organizes 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 support group meets every Wednesday from 12:00-1:00 or Thursday from 6:00-7:00 in the Diabetes Center at K’ima:w Medical Center in Hoopa. Call (530) 625-4559 ext. 262.

St. Joseph Hospital Diabetes Support Group meets the first Wednesday from 6:30-8:00 at the General Hospital Campus, Burre Room, 2200 Harrison, Eureka. For more information, call (707) 445-8121.
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 at the following locations. Please call for more information.

Arcata: (707) 822-4580, meets each Wednesday at Arcata Comm. Services Center.
Eureka: (707) 445-3726, meets Tuesdays at Humboldt Senior Resource Center
McKinleyville: (707) 839-0191, last Monday of each month at Azelea Hall
Fortuna: (707) 786-3254, meets 3rd Friday of each month
Crescent City: (707) 464-6416 meets 3rd Friday at Addie Meedum House

Mental Health
National Alliance for the Mentally Ill (NAMI): Local affiliate has two support groups for families of people with mental illness. One meets the 1st Thursday of each month, and one meets the 3rd Thursday of each month, both from 5:30-7:00 at the Professional Building, 507 7th Street, 2nd floor, Eureka. Call (707) 444-1600. www.nami-humboldt.org

Multiple Sclerosis
Multiple Sclerosis Support Group for persons with MS, their family and their caregivers, meets 1st Saturday each month, 10:00-12:00 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, 3:00-4:00 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 1st Monday of each month from 10:00-11:00 in the Rehab Conference Room on the 2nd floor of the General Hospital campus, 2200 Harrison Avenue, Eureka. Call (707) 441-4414 ext. 5655.

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

Revised 03/01/2011
For Caregivers

SENIOR SERVICES:

- Humboldt Senior Resource Center 443-9747
- Senior Information & Assistance 442-9591 or (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 (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:

- Adult Day Health Services of Mad River 822-4866
- Eureka Adult Day Health Services 444-8254 x3203
- Fortuna Adult Day Health Services 725-6927

Special Social Programs for Early Dementia:

- Friends Café 444-8254 x3203

IMPORTANT: Caregiver stress is real and impacts your health. Caregiver support groups can help you cope with the stress.