

Caregiver Support Groups *Grupos de Apoyo*

Groups are facilitated by Coast Caregiver Resource Center

GROUP <i>El Grupo</i>	MEETING TYPE <i>Formato de reunión</i>	MEETING DAYS/TIMES <i>Fecha y hora de reunión</i>	FACILITATOR <i>Facilitador</i>
Grupo de Apoyo en español para Cuidadores Para los que cuidan adultos con deficiencias neurológicas	Virtuales	segundo viernes (2nd Friday) 1 – 2:15 p.m.	Dina Ontiveras, JD
Caregiver Connections Support Group	Virtual	2nd & 4th Thursdays 4 – 5:30 p.m.	Brenda Birdwell, MSW and Sveinn Thorarinsson, Counselor Trainee
Dementia Caregiver Support Group	Virtual	3rd Thursday 1 – 2:30 p.m.	Renee Cowans, MBA, MSML rcowans@sbch.org
Dementia Caregiver Support Group	Virtual	2nd Friday 2:30 – 4 p.m.	Dina Ontiveras, JD
Parkinson's Caregiver Support Group	Virtual San Luis Obispo County	4th Wednesday 10 – 11:30 a.m.	Nell Bennett, LCSW
LGBTQ Caregiver Support Group	In-person Ventura County	1st & 3rd Mondays 1 – 2:30 p.m.	Brenda Birdwell, MSW
Caregiver Support Group	In-person City of San Luis Obispo	1st Thursday	Nell Bennett, LCSW
Cognitive Loss Caregiver Support Group	In-person Morro Bay	2nd Tuesday 10 – 11:30 a.m.	Nell Bennett, LCSW
Lompoc Valley Caregiver Support Group	In-person City of Lompoc	1st Monday 11 a.m. – Noon	Renee Cowans, MBA, MSML rcowans@sbch.org
Caregiver Support Group	In-person City of Santa Barbara	2nd Wednesday 11 a.m. – Noon	Renee Cowans, MBA, MSML rcowans@sbch.org
Apoyo Para Parientes y Familia del Enfermo	Hospital de Rehabilitación de Cottage, Cuarto Meise 3 y 4	Cuarto miercoles de cada mes, 11 a.m – Noon	Dina Ontiveras, JD



For further information or to inquire about joining a group, please contact the Coast Caregiver Resource Center office at 805-569-8950 or ccrc@sbch.org.

Para obtener más información o consultar sobre cómo unirse a un grupo, comuníquese con la oficina del Centro de Recursos para Cuidadores de la Costa al 805-569-8950 o por correo electrónico ccrc@sbch.org.

