



# SHASTA COUNTY SUPPORT GROUP RESOURCES

Support groups related to youth, adults, seniors, and their caregivers that are available in the county. Please contact the hosting agency for more information and meeting times.

**Note: Some services may have changed due to COVID-19. Please call to confirm hours and services available**



## BEREAVEMENT SUPPORT GROUPS

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### **Mercy Hospice**

“For persons grieving any death loss. Meets every Tuesday 10:00am-11:30am. Pre-registration required. No charge to attend.”

**Location:** 1544 Market Street  
Redding, CA 96001

**Contact:** (530) 245-4070

**Toll Free:** (888) 593-8652

**Website:** <https://www.dignityhealth.org/north-state/locations/mercy-redding/classes-and-events/support-groups>

Last Verified On: 12/31/2020

### **Suicide Loss Support Group**

“The suicide loss support group meets every other Tuesday at Saint James Lutheran Church. It is an open group, no religious affiliation is required.”

**Location:** 2500 Shasta View Drive  
Redding, CA 96003

**Contact:** (530) 242-1997

Last Verified On: 12/31/2020

## CANCER SUPPORT GROUPS

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### **Breast Cancer Support Group**

“For women and men who have breast cancer and their family, friends and caregivers. Meets on the second Thursday of each month at the Mercy Regional Cancer Center.”

**Location:** 2175 Rosaline Avenue  
Redding, CA 96001

**Contact:** (530) 225-5858 or (530) 410-2244

Last Verified On: 12/31/2020

### **Living Better With Cancer**

“This cancer support group helps patients and their families cope with the illness. Guest speakers often help with the education. The group is held every Monday (except legal holidays) from 10a.m. to 12 noon at the Mercy Regional Cancer Center.”

**Location:** 2175 Rosaline Avenue  
Redding, CA 96001

**Contact:** (530) 225-7479

**Website:** <https://www.dignityhealth.org/north-state/locations/mercy-redding/services/cancer-care/cancer-resources>

Last Verified On: 12/31/2020



# SHASTA COUNTY SUPPORT GROUP RESOURCES

## CANCER SUPPORT GROUPS, Continued

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### Look Good, Feel Better

“This American Cancer Society program teaches cancer patients the skills to improve appearance and self-image. Registration required for the one-time class. Classes are the second Monday of each month at the American Cancer Society’s Discovery Shop.”

**Location:** 2961 Churn Creek Road  
Redding, CA 96002

**Contact:** (800) 227-2345  
Last Verified On: 12/31/2020

## CAREGIVER SUPPORT GROUPS

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### Passages

**Location:** 25 Main Street  
Chico, CA 95929

**Contact:** (530) 898-5923  
**Toll Free:** (800) 822-0109

**Website:**  
<http://www.passagescenter.org/caregiver---support-groups.html>

Last Verified On: 07/01/2020

## SUBSTANCE USE DISORDER SUPPORT GROUPS

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### Alcoholics Anonymous (AA)

“AA is a fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about their drinking problem.”

**24-Hour Hotline:** (530) 225-8955

**Website:**  
[https://www.aanorcal.org/norcal\\_meetings.shtml](https://www.aanorcal.org/norcal_meetings.shtml)

Last Verified On: 07/01/2020

### Al-Anon/Alateen Support Groups

**Website:**  
<https://ncwsa.org/community/redding/>

Last Verified On: 07/01/2020

### Area of Narcotics Anonymous

**Contact:** (800) 764-1081

**Website:** <http://www.shastana.org/>  
Last Verified On: 07/01/2020

### Co-Dependents (CoDa) Anonymous

“Dedicated to everyone who struggles with issues of codependence.”

**Website:** <http://locator.coda.org/index.cfm>  
Last Verified On: 07/01/2020

### Institute on Aging - Senior Intervention hotline

“The Friendship Line” non-emergency support calls

**Contact:** 1-800-971-0016

**Website:** <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>  
Last Verified On: 07/01/2020



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## SUPPORT HOTLINES

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### **Institute on Aging - Senior Intervention hotline**

“The Friendship Line” non-emergency support calls

**Contact:** 1-800-971-0016

**Website:** <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

Last Verified On: 07/01/2020

### **Miracle Messages Buddy Program**

“Miracle Friends, is a phone and text-based buddy system that matches trained volunteers with individuals experiencing homelessness for weekly phone calls and texts, to provide basic companionship and social support... Miracle Friends supports unhoused neighbors and formerly homeless senior citizens.”

**Hotline:** 1-800-MISS-YOU

**Website:** <https://www.miraclemessages.org>

Last Verified On: 12/23/2020

## SUPPORT SERVICES

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### **DADS Chat with an Expert – Postpartum Support International**

“Free call-in forum for dads facilitated by a perinatal mood disorder expert.”

Date/Time: First Monday of each month at 5 p.m.

**Call-In Number:** 1-800-944-8766, code 73162#

**Website:** <https://www.postpartum.net/get-help/resources-for-fathers/chat-with-an-expert-for-dads/>

Last Verified On: 07/01/2020

### **Postpartum Support International Helpline (PSI)**

“PSI Online Support Group Meetings are available and led by trained PSI facilitators. Our online groups will connect you with other parents and provide helpful tools and resources. Whether you are going through stress, adjustment to parenting, Baby Blues or pregnancy or postpartum depression/anxiety, our groups are here for you.”

**PSI Helpline:** (800) 944-4773

**Text English:** (503) 894-9453

**Text Spanish:** (971) 420-0294

**Website:** <https://www.postpartum.net/>

Last Verified On: 07/01/2020

### **Miracle Messages Program**

“Miracle Messages provides reunion services for individuals experiencing homelessness. A person experiencing homelessness records a message to a loved one (or vice versa). Then, our network of volunteer “digital detectives” attempt to locate the loved one and deliver the message. To date, we’ve reunited 400+ families (average time separated: 15 years), with 15% of reunions resulting in stable housing and 80% in a positive outcome.”

**Hotline:** 1-800-MISS-YOU

**Website:** <https://www.miraclemessages.org>

Last Verified On: 12/23/2020



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## YOUTH SUPPORT GROUPS

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### **Talk About Grief**

“Virtual Grief Support Group. Many children have a hard time grieving the loss of someone close to them. Community Hospice offers resources for children and teens no matter where they are on their grief journey to help ease the pain...Our Child Grief Support Programs supports children and teens who are grieving the death of someone close to them and are offered free of charge. Through the Child Grief Support Programs at Community Hospice, grieving children and teens are able to share their story about their loss, learn healthy ways to cope, and connect with other children and teens that have had similar losses.”

**Contact:** (209) 578-6300

**Website:** <http://heal.hospiceheart.org/youth-support/>

Last Verified On: 01/08/2021