



# PLACER COUNTY SUPPORT GROUP RESOURCES

## BEREAVEMENT SUPPORT GROUPS

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### Snowline Care Beyond Cure

“Snowline supports grieving adults, children, teens, and families. We offer programs for schools and community-based organizations, as well. We serve the Sacramento, South Placer, and El Dorado regions, regardless of affiliation with Snowline.”

**Location:** 6520 Pleasant Valley Road  
Diamond Springs, CA 95619

**Contact:** (916) 817-2338

**Contact:** (530) 621-7820

**Website:** <https://snowlinehospice.org/grief-support/>

Last Verified On: 12/13/2023



## CANCER SUPPORT GROUPS

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### Cancer classes and Events

“Sutter Health offers a wide variety of Cancer classes and events throughout Northern California. Find a class or event located near you.”

**Website:** <https://www.sutterhealth.org/classes-events-search?date-from=&date-to=&distance-label=&remove-default-affiliate-filter=true&search-date-range-from=&search-date-range-to=&location=&lng=&lat=&zip=&coord=&distance=8.04672&category=Support+Group&attachQS=true&topic=Cancer&keywords=&classes-affiliate=>

Last Verified On: 12/13/2023



# PLACER COUNTY SUPPORT GROUP RESOURCES

## CAREGIVER SUPPORT GROUPS

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### Passages

“Program provides consultation, training, support groups, and respite care for family caregivers who provide in-home care to frail, older adults and to adults with brain or neurological impairment. Advocating for People in Long-Term Care”

**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: 07/27/2023

## PHONE / APP SUPPORT

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### BE STRONG APP

“The Be Strong APP unites power with choice that saves & changes lives. You’ll find resources, support, intervention and best practices on combatting many adversities by increasing resilience, supporting you in emotional, behavioral and everyday challenges. If you or those you know are struggling with hunger, housing, escaping violence, mental health and more...help is at your fingertips.”

**Contact:** (954) 246-5807

**Email:** <https://bestrong.global/#contact>

**Website:** <https://bestrong.global/#download-app>

Last Verified On: 07/27/2023

## SUBSTANCE USE DISORDER SUPPORT GROUPS

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### Northern California Fellowship of Alcoholics Anonymous

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

**Website:** <https://aanorcal.org>

Last Verified On: 07/12/2023

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# PLACER COUNTY SUPPORT GROUP RESOURCES

## SUBSTANCE USE DISORDER SUPPORT GROUPS, Continued

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### American River Area NA Meetings

**Website:** <https://sacramentona.org/meetings/>

Last Verified On: 12/14/2023

### Al-Anon District 4 Northern California

**Website:** <https://northerncaliforniaal-anon.org/>

Last Verified On: 07/12/2023

### Sierra Foothills NA Meetings

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

### Roseville NA Meetings

**Website:** <https://www.narcotics.com/na-meetings/california/roseville/>

Last Verified On: 12/14/2023

### Sierra Foothills NA Meetings

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

Last Verified On: 12/14/2023

## 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: 07/27/2023

### 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: 07/27/2023

## 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/help-for-dads/>

Last Verified On: 07/27/2023

### 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: 07/27/2023



# PLACER COUNTY SUPPORT GROUP RESOURCES

## SUPPORT SERVICES, Continued

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### 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:** (800) 944-4773

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

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

Last Verified On: 07/27/2023

## 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: 07/27/2023