



# TEHAMA COUNTY SUPPORT GROUP RESOURCES

## BEREAVEMENT SUPPORT GROUPS

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### St. Elizabeth Community Hospital

“Everyone needs support to help get through loss or illness. St. Elizabeth Community Hospital is here for you and your family.”

**Location:** 2250 Sister Mary Columba Drive  
Red Bluff, CA 96080

**Contact:** (530) 245-2070

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

Last Verified On: 10/23/2023



### Rolling Hills Clinic

“Provides counseling for psychotherapy for grief. Call local clinic or schedule appointments online. No drop-in appointments.”

**Location:** Corning: 704 Peach Street,  
Corning, CA 96021

Red Bluff: 2540 Sister Mary Columba Drive,  
Red Bluff, CA 96080

**Contact:** (530) 690-2827

Last Verified On: 10/23/23

### Family Counseling Center

“Provides counseling for grief/loss of a loved one. Call or in person intake only.”

**Location:** 1112 Washington Street,  
Red Bluff, CA 96080

**Contact:** (530) 527-6702

**Website:**

<http://www.fccredbluff.com/services.htm>

Last Verified On: 10/23/23



# TEHAMA COUNTY SUPPORT GROUP RESOURCES

## CANCER SUPPORT GROUPS

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### Reach for Recovery

“This program provides one-on-one consultation with a trained volunteer to talk about breast cancer diagnosis and treatment. Volunteers are breast cancer survivors, so they’re familiar with the questions and concerns that come with a diagnosis.”

**Contact:** (800) 227-2345

Last Verified On: 10/23/2023

### Look Good, Feel Better

“Presented by the American Cancer Society, this program teaches people undergoing cancer treatments the skills to improve appearance and self-image.”

**Contact:** (800) 395-5665

Last Verified On: 10/23/2023

### 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, Floyd Morgan Family Cancer Resource Center.”

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

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

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

Last Verified On: 10/23/2023

## CAREGIVER SUPPORT GROUPS

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### Passages Caregiver Resource Center

“We help caregivers and older adults lead healthier, happier, and more rewarding lives by providing and supporting the critical services and community resources they need.”

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

**Contact:** (530) 898-5925

**Toll Free:** (800) 822-0109

**Website:**

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

Last Verified On: 10/23/2023

### Caregiver Group: Cancer

“For those caring for loved ones experiencing cancer treatments. This support group is held on the 2nd and 4th Wednesday of each month from 1:00 pm to 3:00 pm at the Mercy Regional Cancer Center, Floyd Morgan Family Resource Center.”

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

Last Verified On: 10/23/2023

### Nurturing Parenting Program

“Provides parents with the opportunity to learn new skills and strategies to help make parenting easier and more rewarding for both the parent and the child.”

**Contact:** (530) 527-8491 ext. 3068

**Website:**

<https://www.tehamacohealthservices.net/prevention/behavioral-health-prevention/>

Last Verified On: 10/23/2023



# TEHAMA COUNTY SUPPORT GROUP RESOURCES

## PHONE / APP SUPPORT

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### BE STRONG APP

“Be Strong’s mission is to save and improve the lives of our youth using a peer-to-peer approach to strengthen mental, emotional, and relational health, build resilience, and prevent bullying. Find resources, local support, intervention & programs that strengthen mental, emotional & relational health. People in crisis need to know how and where to get help, and you can help with the Be Strong App.”

**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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### 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://aanorcal.org/>

Last Verified On: 10/23/2023

### Al-Anon/Alateen Support Groups

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

Last Verified On: 10/23/2023

### Area of Narcotics Anonymous

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

**Website:** <http://www.rivercitiesna.org/>

Last Verified On: 10/23/2023

### Co-Dependents (CoDa) Anonymous

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

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

Last Verified On: 10/23/2023

# TEHAMA COUNTY SUPPORT GROUP RESOURCES

## SUPPORT HOTLINES

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

“The Friendship Line” non-emergency support calls

**Contact:** (888) 670-1360

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

Last Verified On: 10/23/2023

### **Northern Valley Talk Line**

“Provides non-crisis peer-to-peer telephone service to the community 7 days a week from 4:30 pm—9:30 pm.”

**Toll-Free:** (855) 582-5554

**Website:** <https://nvcss.org/programs/northern-valley-talk-line/>

Last Verified On: 10/23/2023

### **CalHOPE & BeWellLine Warmline**

“Staffed with Support Specialists. Find resources, support groups”

**Contact:**

**CalHOPE:** (833) 317- HOPE (4673), Español (833) 642-7696

**BeWellLine:** (949) 776-5520

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

Last Verified On: 10/23/2023

### **CalHOPE RedLine**

“A phone, chat, and video chat service providing National, State, and County resources, referrals, and trauma-informed support for Urban Indian and Tribal populations.”

**Contact:**

**Call:** 1-888-368-4090

**Text:** 916-252-5002

**Website:** <https://ccuih.org/redline/>

Last Verified On: 10/23/2023

### **The Peer Run Warm Line**

“A non-emergency resource for anyone in California seeking mental and emotional support. We provide assistance via phone and web chat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.”

**Contact:** (855) 845-7415 (call/text)

**Website:** <https://www.mentalhealthsf.org/peer-run-warmline/>

### **Miracle Messages “Miracle Friends” Program**

“Miracle Friends is a phone buddy program for individuals experiencing homelessness. Volunteer from anywhere in the world, for roughly 30 minutes per week. Miracle Friends matches individuals experiencing homelessness with volunteers from around the world for weekly phone calls and texts to check-in and say hello.”

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

**Website:**

<https://www.miraclemessages.org/friends>

Last Verified On: 10/23/2023

### **NAMI Teen and Young Adult Help Line**

“Peer-support service providing information, resource referrals, and support to teens and young adults.”

**Call:** (800) 950-6264

**Text:** 62640

**Website:** <https://www.nami.org/Support-Education/NAMI-HelpLine/Teen-Young-and-Adult-HelpLine?gclid=EAlaIQobChMIImduKtJiPggMV>

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Last Verified On: 10/24/2023



# TEHAMA COUNTY SUPPORT GROUP RESOURCES

## 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: 10/24/2023

### **Institute for Reproductive Grief**

“Educate frontline medical teams to reduce emotional trauma and set patients on a healthy healing trajectory, bringing comfort and hope during a time of great loss. We also offer healing resources directly to those touched by reproductive loss and conduct and promote research to help those who grieve.”

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

Last Verified On: 10/24/2023

### **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

### **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: 10/24/2023



# TEHAMA COUNTY SUPPORT GROUP RESOURCES

## YOUTH SUPPORT GROUPS

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### One Circle Foundation

“Structured support groups for children, teens & adults. Circles are held in an emotionally safe environment. Counteracts negative social and interpersonal forces and fosters personal and collective strengths and positive connections. Includes Girls Circles and The Council for Boys & Young Men.”

**Contact:** (415) 419-5119

**Website:**

<https://onecirclefoundation.org/support>

Last Verified On: 10/24/2023

### Tehama Independent Living

“Tehama County foster youth face a difficult transition into the world of adult life. Our goal is to assist them by providing resources and skills that will enable these young adults to succeed in their daily living after they have left foster care.

**Contact:** (530) 518-4143

**Website:** <https://www.ncyfp.org/tehama>

Last Verified On: 10/24/2023

### PAL Programs

“Tehama County PAL provides safe and convenient opportunities for community youth to participate in a wide range of fun and stimulating activities “FREE OF CHARGE” while teaching life lessons about the importance of community, leadership, education, and team building.”

**Contact:** (530) 527-8282

**Website:** <https://tehamaso.org/pal-programs/>

Last Verified On: 10/24/2023

### Restore Program

“Aims to reduce recidivism of juvenile offenders ages 10-17 by teaching tools & strategies that lead to transformative life changes. Mentors meet with youth in various Tehama County locations”

**Locations:**

**Corning:** 643 Blackburn Avenue  
Corning, CA 96021

**Red Bluff:** 715 Jackson Street  
Red Bluff, CA 96080

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

Last Verified On: 10/24/2023

### Rainbow Program

“National. International organization giving young women ages 8-20 a rainbow of opportunities. Promotes leadership, encourages service, builds character and develops friendships.”

**Location:** Red Bluff MC 822 N. Main Street  
Red Bluff, CA 96080

**Contact:** Diane Sargent

[sargent@snowcrest.net](mailto:sargent@snowcrest.net)

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

Last Verified On: 10/24/2023