



PLACER COUNTY SUPPORT GROUP RESOURCES

BEREAVEMENT SUPPORT GROUPS

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: 02/01/2025



CAREGIVER SUPPORT GROUPS

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: 02/01/2025



PLACER COUNTY SUPPORT GROUP RESOURCES

PHONE / APP SUPPORT

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: 02/01/2025

SUBSTANCE USE DISORDER SUPPORT GROUPS

Northern California Fellowship of Alcoholics Anonymous

24-Hour Hotline: (530) 225-8955

Website: <https://aanorcal.org>

Last Verified On: 02/01/2025

Northern California Fellowship of Alcoholics Anonymous

24-Hour Hotline: (530) 225-8955

Website: <https://aanorcal.org>

Last Verified On: 02/01/2025

SUBSTANCE USE DISORDER SUPPORT GROUPS, Continued

American River Area NA Meetings

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

Last Verified On: 02/01/2025

Sierra Foothills NA Meetings

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

Last Verified On: 02/01/2025

Sierra Foothills NA Meetings

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

Last Verified On: 02/01/2025

Roseville NA Meetings

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

Last Verified On: 02/01/2025

SUPPORT HOTLINES

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: 02/01/2025





PLACER COUNTY SUPPORT GROUP RESOURCES

SUPPORT HOTLINES

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: 02/01/2025

SUPPORT SERVICES

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: 02/01/2025

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: 02/01/2025

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: 02/01/2025



PLACER COUNTY SUPPORT GROUP RESOURCES

YOUTH SUPPORT GROUPS

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: 02/01/2025