



SHASTA COUNTY SUPPORT GROUP RESOURCES

BEREAVEMENT SUPPORT GROUPS

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: 07/27/2023



Speaking of Suicide

“SOS is a peer-led, non-therapeutic, support group for anyone who has lost someone to suicide, struggled with thoughts of suicide themselves or survived a suicide attempt. This group provides a safe place where you can openly share your experiences, hear from others with similar struggles, and have the opportunity to support others. Wednesdays 5:30 p.m. to 7 p.m. This is an open meeting and no registration is required. Anyone 16 or older is welcome to join.”

Location: Hill Country CARE Center
1401 Gold St.,
Redding, CA 96003

Contact: (530) 671-4788 and (530) 440-6033

Website:

<https://www.shastacounty.gov/health-human-services/page/support-help-lines-support-groups>

Last Verified On: 08/16/2023



SHASTA COUNTY SUPPORT GROUP RESOURCES

CANCER SUPPORT GROUPS

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) 225-7479

Last Verified On: 07/27/2023

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: 07/27/2023

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: 07/27/2023

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.”

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: 07/27/2023



SHASTA 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: 07/27/2023

SUBSTANCE USE DISORDER SUPPORT GROUPS

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: 10/13/2022

AI-Anon/Alateen Support Groups

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

Last Verified On: 10/13/2022

Area of Narcotics Anonymous

Contact: (800) 764-1081

Website: <http://www.shastana.org/>

Last Verified On: 10/13/2022

Co-Dependents (CoDa) Anonymous

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

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

Last Verified On: 10/13/2022

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: 10/13/2022



SHASTA COUNTY SUPPORT GROUP RESOURCES

SUPPORT HOTLINES

Institute on Aging - Senior Intervention hotline

“The Friendship Line” non-emergency support calls

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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

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

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

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



SHASTA 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: 07/27/2023