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This chapter lists the current known SCI support groups in the greater Bay Area as of the date of publication of this SCI-FYI. Because groups are constantly changing and new groups are forming, a good way to find a new group (after calling the contact number) is to call the resources listed in Chapter 19.

It has been our experience in referring individuals to these groups that some of them have somewhat irregular schedules; it is best to call the contact person(s) first to check the schedule, to determine if this is the best group for yourself/family member/friend/client, and to introduce yourself or the prospective member to the facilitator so s/he will be expecting you/him/her at the meeting.

There is an organization that refers individuals to support groups for a wide variety of topics called the Bay Area Self-Help Network at 800/222-5465 or 415/921-4044. Your local Independent Living Center will also have some type of support group, though it may not be limited to individuals with SCI. Support groups offered through ILCs are usually open to individuals with various disabilities.

Please help keep this information up to date. If you find that any information has been changed, let us know by calling the Rehabilitation Research Center for TBI & SCI at 408/295-9896 x24 or email us at [scifyi@tbi-sci.org](mailto:scifyi@tbi-sci.org)

### **Barn Builders - Peer Support for Farmers with Disabilities**

800/825-4264

317/494-5088

Breaking New Ground Resource Center

Purdue University

1146 Agricultural Engineering Bldg.

West Lafayette, IN 47907-1146

### **Connections - SCI Support Group**

Enloe Rehabilitation Center

Contact: Nancy Jo 530/332-3213

340 W. East Ave.

Chico, CA 95926

- Meets monthly on Wednesdays from 6 - 7pm

### **Easter Seals-Oakland**

#### **SCI Support Group**

510/835-2131

2757 Telegraph Ave.

Oakland, CA 94612

## 24. Support Groups

### **Family and Caregiver Support Group**

Santa Clara Valley Medical Center

Contact: Dan Mayclin, Ph.D. 408/860-7883 (pager)

- Includes family, caregivers and friends
- Meets every other Thursday at 6:30pm at  
Santa Clara Valley Medical Center - Rehabilitation Conference Room  
751 S. Bascom Ave.  
San Jose, CA 95128

### **Happy Wheelers**

209/823-2087

- Support group for individuals with SCI in Manteca, Stockton, Modesto, Tracy and outlying areas
- Call for more information

### **PDQ (Physically Disabled Queers)**

408/293-2429

Billy DeFrank Lesbian and Gay Community Center

175 Stockton Ave.

San Jose, CA

- Support group for physically challenged lesbian, gay, bisexual and transgender individuals

### **San Luis Obispo County Access (SLOCO Access)**

805/543-3627

1150 Laurel Lane, Suite 132

San Luis Obispo, CA 93401

Website: <[www.slonet.org/~access/](http://www.slonet.org/~access/)>

- Meets 3rd Wednesday of the month at The Graduate restaurant in San Luis Obispo

### **SCI Support Group**

209/442-6000 x5783

Fresno Community Hospital and Medical Center

Fresno & R Street

Fresno, CA 93715

- Contact- Alan Roup
- SCI Peer Support group
- Meets 2nd & 4th Wednesdays, 5:00 - 6:30 PM
- Activities, guest speakers

## 24. Support Groups

### **National Spinal Cord Injury Association**

800/962-9629

301/588-6959

FAX: 301/588-9414

The Zalco Building

870 Georgia Ave., Suite 500

Silver Spring, MD 20910

E-mail: [NSCIA2@aol.com](mailto:NSCIA2@aol.com)

Website: <[www.spinalcord.org](http://www.spinalcord.org)>

- In Touch with Kids - Program for children with SCI
- Peer Support through pen pals
- Local chapters

### **Participants in Progress**

916/456-1837

P.O. Box 162426

Sacramento, CA 95816

- Peer support/support group for individuals with disabilities
- Coordinates outings on a monthly basis

### **Physically Unlimited**

408/370-5010

- Peer support/social activity group for individuals with disabilities in the San Jose area
- Meets 3rd Saturday of every month

### **Santa Clara Valley Medical Center Psychology Department**

408/885-4440

751 S. Bascom

San Jose CA 95128

- Peer Support group
- Patient's Family Group
- Teen group

### **Spinal Cord Injury Support Group**

Rehabilitation Research Center for TBI & SCI

Contact: Rich Patterson, M.S.

408/295-9896 x12

800/352-1956 x12

- Meets the 3rd Thursday of the month
- Meets at Cypress Senior Center  
403 S. Cypress Ave.  
San Jose, CA
- 7pm - 8:30pm

## 24. Support Groups

### **Spinal Cord Injury Women's Group**

Rehabilitation Research Center for TBI & SCI

Contact: Janie Whiteford, M.S.

408/295-9896 x42

800/352-1956 x42

- Meets the 4th Friday of the month at the Rehabilitation Research Center  
950 S. Bascom Ave., Suite 2011  
San Jose, CA 95128
- 12:00am - 2:00pm
- Lunch provided

### **Trauma/Injury Support Group**

San Francisco General Hospital

Contact: Yigal Ben-Haim, PhD 415/206-8000

1001 Portero Ave.

San Francisco, CA 94110

- This support group provides information about care at home after being in a hospital and provides an opportunity for members to talk with others and gain emotional support. This is not specifically a SCI group, but pertinent issues are addressed such as emotional issues, body image and disability issues and adjustment to loss, as well as relationships with family and friends

### **Women with Disabilities Support Group**

Central Coast Center for Independent Living, Salinas

Contact: Alma Almanza 831/757-2968

- Meets third Thursday of the month, 2 - 4 pm