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22. Support Groups

This chapter lists the known TBI Support Groups in the San Francisco Bay area as of the date of this TBIRD (February, 2006). Because groups are constantly changing and new groups are forming, a good way to find news of a group (after calling the contact number) is to call the resources listed in Chapter 20.

It has been our experience in referring people to these groups that some of them may have irregular schedules; it's 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.

Most support groups are consumer oriented and provide peer support and educational material relevant to brain injury. Support groups can be wonderful experiences for people with TBI and for family and friends: try them out.

Please help us keep this information up to date. If you find that any information has been changed, let us know by calling the Rehabilitation Research Center at 408/793-6430 or 800/352-1956.

Peninsula Parkinson's Support Group, Inc.

408/734-1593

1170 Morse

Sunnyvale, CA 94089

Website: <www.ppsg.org>

- They sponsor support groups throughout Northern California.
- Call for the meeting location and time nearest you.

Talking Heads

Jerry Wright, Editor

408/793-6430

Rehabilitation Research Center

751 South Bascom Avenue

San Jose, CA 95128

Website: <www.tbimatters.org>

- This quarterly newsletter includes a calendar with all the area TBI meetings and events listed.

22. Support Groups

CAREGIVER RESOURCE CENTERS

Coast Caregiver Resource Center

805/967-0220

Regional: 800/443-1236

5350 Hollister Ave., Suite C

Santa Barbara, CA 93111

Website: <www.coastcrc.org>

- Serves San Luis Obispo, Ventura, and Santa Barbara counties.

- Call for an updated list of support groups in your area.

Del Mar Caregiver Resource Center

831/424-4359

Regional: 800/624-8304

40 Central Avenue

Salinas, CA 93901

Website: <www.hcpn.org/delmar>

- Call for an updated list of support groups in your area.

- Serves Monterey, San Benito, and Santa Cruz counties.

Del Oro Caregiver Resource Center

916/971-0893

Regional: 800/635-0220

5723-A Marconi Ave

Carmichael, CA 95608

Website: <www.deloro.org>

- Serves Alpine, Amador, Calaveras, Colusa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo, and Yuba counties.

- Call for an updated list of support groups in your area.

The Family Caregiver Alliance (FCA)

415/434-3388

CA only: 800/445-8106

180 Montgomery Street, Suite 1100

San Francisco, CA 94104

Website: <www.caregiver.org>

- Serves Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara counties.

22. Support Groups

Inland Counties Caregiver Resource Center

909/514-1404

1420 East Cooley Drive, Suite 100

Colton, CA 92324

Website: <www.inlandcaregivers.com>

- Serves Inyo, Mono, Riverside, and San Bernardino counties.
- Call for an updated list of support groups in your area.

Los Angeles Caregiver Resource Center

213/821-7777

Regional: 800/540-4442

University of Southern California

3715 McClintock

Los Angeles, CA 90089-0191

Website: <www.geroweb.usc.edu/lacrc>

- Serves Los Angeles county.
- Call for an updated list of support groups in your area.

Mountain Caregiver Resource Center

530/898-5925

Regional: 800/822-0109

2491 Carmichael Drive, Suite 400

Chico, CA 95928

Website: <www.caregiverresources.org/MCRC_home.html>

- Serving Butte, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama, and Trinity counties.
- Call for an updated list of support groups in your area.

Orange Caregiver Resource Center

714/578-8670

Regional: 800/543-8312

251 E. Imperial Highway, Ste. 460

Fullerton, CA 92835

Website: <www.caregiveroc.org>

- Serves Orange county.
- Call for an updated list of support groups in your area.

22. Support Groups

Redwood Caregiver Resource Center

707/542-0282

Regional: 800/834-1636

141 Stony Circle, Suite 200

Santa Rosa, CA 95401

Website: <www.redwoodcrc.org>

- Serves Del Norte, Humboldt, Lake, Mendocino, Napa, Solano, and Sonoma counties.
- Call for an updated list of support groups in your area.

Southern Caregiver Resource Center

858/268-4432

Regional: 800/827-1008

3675 Ruffin Road, Ste. 230

San Diego, CA 92123

Website: <www.scrs.signonsandiego.com>

- Serves Imperial and San Diego counties.
- Call for an updated list of support groups in your area.

Valley Caregiver Resource Center

559/224-9154

Regional: 800/541-8614

3845 North Clark Street, Suite 201

Fresno, CA 93726

Website: <www.valleycrc.org>

- Serves Fresno, Kern, Kings, Madera, Mariposa, Merced, Stanislaus, Tulare, and Tuolumne counties.
- Call for an updated list of support groups in your area.

SUPPORT GROUPS BY CITY

BERKELEY

Group: **Support Group for Family/Friends**

Time: Second and fourth Thursdays at 6:30-8:00 pm.

Place: Alta Bates Summit Medical Center, Herrick Campus
2001 Dwight Way
Berkeley, CA 94704

Contact: 510/204-3307

22. Support Groups

BURLINGAME

Group: **STEPAHEAD Support Group For Families And Caregivers**
Time: Every Friday at 1:00 - 2:00 pm.
Place: Community Gatepath
1764 Marco Polo Way (1/2 block off Trousdale Dr.)
Burlingame, CA 94010
Contact: Gayle Pritz
650/595-0783

CAPITOLA

Group: **Brain Injury Peer Support Group**
Time: Second Tuesday of the month at 3:00 – 4:30 pm.
Place: United Way Bldg.
1220 41st Ave
Capitola, CA 95010
Contact: Christie Bricknell
831/462-8720

CASTRO VALLEY

Group: **Eden Hospital Stroke Support Group**
Time: Fourth Thursday of the month at 7 pm.
Place: Eden Hospital (Castro Valley Room).
20103 Lake Chabot Road
Castro Valley, CA 94546
Contact: Sylvia Dawson CCC
510/889-5064 ext 5251

22. Support Groups

CHICO

Group: **Enloe Head Injury Support Project** (caregivers & survivors).
Time: First & third Tuesday of the month at 7-9:00 pm (call to verify time).
Place: Enloe Hospital
Enloe Conference Center, Rooms 110A & B
W. 5th Avenue & The Esplanade
Chico, CA 95926
Contact: Sandy Gorter, RN
message only: 530/345-5799
Mailing: Enloe Hospital
Post Anesthesia Care Unit
W. 5th Avenue & The Esplanade
Chico, CA 95926

EUREKA

Group: **Eureka Day Support Group** (caregivers group)
Time: First & third Monday of the month at 12:30 - 1:30 pm.
Place: Timber Ridge Assisted Living Center
2740 Timber Ridge Lane
Eureka, CA 95501
Contact: 707/443-4875
800/834-1636
Sponsor: Humboldt Coalition for TBI

Group: **Eureka Evening Support Group** (caregivers group)
Time: Second & fourth Monday of the month at 4:00 - 5:30 pm.
Place: Humboldt Senior Resource Center
1901 California Street
Eureka, CA 95501
Contact: 707/444-8254 ext 202
Sponsor: Humboldt Coalition for TBI

22. Support Groups

FRESNO

Group: **Brain Injury Support Group For Survivors & Families** (Survivors/family).

Time: Fourth Tuesday of the month at 6 pm.

Place: Sierra Community Health Center
1925 East Dakota Street
Fresno, CA 93710

Contact: Jeff DiMarco
559/459-2773

Group: **Head Injury Socialization Group**

Time: Every Tuesday & Thursday at 1:00 - 5:00 pm.

Place: Total Awareness Head Trauma Center
Ted C. Wills Community Center
770 N. San Pablo
Fresno, CA 93728

Contact: 559/621-2946

Sponsor: City of Fresno Parks, Recreation & Community Services.

Group: **Fresno Brain Tumor Support Group**

Time: Second Thursday of the month at 6:00 - 7:30 pm

Place: St. Agnes Cancer Center
7130 N. Millbrook
Fresno, CA 93720

Contact: Paula Jordan
450/449-2000
800/782-4637

22. Support Groups

LARKSPUR

Group: **Head Injury Support Groups - Caregiver & Survivor**

Time: Call for times

Place: Larkspur Center
1144 Magnolia Avenue
Larkspur, CA 94939

Contact: Margaret Tilden
415/461-6771

Mailing: Marin Brain Injury Network
P.O. Box 787
Kentfield, CA 94914

LOS GATOS

Group: **Caregiver and Stroke Support Group**

Time: Second Tuesday of the month at 6:30 pm

Place: Community Hospital of Los Gatos (Rehabilitation Center, Conference Rm.)
Corner of Dardanelli Lane & Knowles.
815 Pollard Rd.
Los Gatos, CA 95030

Contact: 408/866-4020

MENLO PARK

Group: **Mid-Peninsula Brain Injury Support Group for Survivors and Caregivers**

Time: Second and fourth Thursdays of the month at 7:00-8:30 pm

Place: Please call for location

Contact: Bob or Marna Page
650/851-0925
Leslie Marlowe
408/453-2966

22. Support Groups

MOUNTAIN VIEW

Group: **Seizure Support Group**
Time: First Thursday of the month at 7:30-9:00 pm.
Place: Park Pavillion, Meeting Room "K"
El Camino Hospital
2500 Grant Road
Mountain View, CA
Contact: 650/940-7270

OAKLAND

Group: **East Bay Head Injury Peer Group** (survivors)
Time: Meets twice a month. Please call if interested.
Place: Rockridge Library
5366 College Ave.
Oakland, CA
Contact: Pamela Paradowski
510/433-9955

PALO ALTO

Group: **Brain Tumor Support Group**
Time: Last Monday of the month at 7:30-9:00 pm; call first.
Place: Palo Alto Medical Foundation Building
Urgent Care Building
920 Bryant St. (corner of Channing)
Palo Alto, CA 94301
Contact: Joanie Taylor
650/343-4791
Sponsor: National Brain Tumor Foundation

22. Support Groups

REDDING

Group: **Brain Injury Guidance Group (BIGG)** (Survivors & Caregivers)
Time: Third Thursday of the month at 5:30pm
Place: Quest
2100 Market Street
Redding, CA 96001
Contact: Harold Lord
530/222-1806

SACRAMENTO

Group: **Head Trauma Support Project**
Time: Call for Time and Place
Contact: Judith Falconer
916/568-6660
Head Trauma Support Project
909 12th Street, Ste. 200
Sacramento, CA 95814
•Weekly support meetings for survivors and family members.

Group: **Sacramento Area Brain Tumor Support Group**
Time: First Thursday of the month at 6:30 - 8:30 pm.
Place: UC Davis Medical Center, Ambulatory Care Center-3rd floor
4601 'X' St.
Sacramento, CA
Contact: Robert Dillon
916/734-6511
Educational topics presented and educational materials available.

22. Support Groups

SAN FRANCISCO

Group: **Brainstorm** (Survivor Socialization Group)

Time: Every Tuesday & Thursday at 1:00 - 5:00 pm., Every Monday at 10:00 am-4:00 pm.

Place: Janet Pomeroy Center
207 Skyline Blvd.
San Francisco, CA 94132

Contact: Terry Twitchell
415/665-4100 x239

Cost: Call for dates and fees.

Group: **Family Member Support Group** (Parents and Caregivers)

Time: Call for dates and times.

Place: Janet Pomeroy Center
207 Skyline Blvd.
San Francisco, CA 94132

Contact: Terry Twitchell
415/665-4100 x239

Group: **Head Injury Support Group**

Time: Every Wednesday:1:00 – 2:30 pm. Please call first.

Place: Independent Living Resource Center
649 Mission Street, Third Floor
San Francisco, CA 94105

Contact: Cheryl Price
415/543-6222 x183

Mailing: Independent Living Resources Center
649 Mission Street, Third Floor
San Francisco, CA 94105

Group: **San Francisco TBI Network Support Group**

Time: Call for dates and times.

Place: 450 Stanyan Street
3 East Conference Room
San Francisco, CA

Contact: Nichole Jacobsen
415/ 665-4100

22. Support Groups

SAN JOSE

Group: **Caregiver Spousal Support Group**

Time: Fourth Tuesday of the month at 7:00 - 8:30 pm.

Place: Cypress Senior Center
403 S. Cypress Avenue (off Stevens Creek Boulevard)
San Jose, CA 95117

Contact: Penny Hogg, Ph.D.: Clinical Psychologist
408/793-2056

Group: **Mild Traumatic Brain Injury Support Group** (Survivors, friends and family)

Time: Second and fourth Tuesdays: 7:00 - 8:30 pm (Call to verify schedule/location);

Place: Cypress Senior Center
403 S. Cypress Ave. (off Stevens Creek Boulevard)
San Jose, CA 95128

Contact: Richard Patterson
408/793-6428
Rehabilitation Research Center, Santa Clara Valley Medical Center

Mailing 751 South Bascom Avenue
San Jose, CA 95128

•This group is specifically for either people who have a Mild Brain Injury (MBI) (loss of consciousness of less than one hour) or those who have recovered enough from a more serious injury to feel comfortable discussing MBI issues.

Group: **Peer Support Group**

Time: Every Wednesday for men with disabilities.

Place: Silicon Valley Independent Living Center (SVILC)
2306 Zanker Road
San Jose, CA 95131

Contact: Russel Miller
408/894-9041
•Fee may be required on a sliding scale basis.

22. Support Groups

Group: **Physically Disabled Queers Support Group**

Time: Second Saturday of the month at 1:30 pm.

Contact: 408/293-AGAY
938 The Alameda
San Jose, CA 95126

•A support group for physically challenged lesbian, gay, bisexual, and transgender people (both male and female).

Group: **Touchstones** (Support Group for Services for Brain Injury/Steppingstones graduates)

Time: Every Wednesday evening at 5:30 pm (call for more information) .

Place: Services for Brain Injury
2731 N. First Street, Suite 100
San Jose, CA 95134

Contact: Brian Burleson
408/434-2277 x103
Call for more information.

Group: **VIP (Very Important Patient) Program** (TBI Support Group)

Time: Fourth Wednesday of the month at 7:00 - 8:30 pm.

Place: Classroom 2 (second floor) at
Santa Clara Valley Medical Center, 751 S. Bascom Ave.
San Jose, CA 95128.

Contact: Richard Patterson
408/793-6428
Rehabilitation Research Center, Santa Clara Valley Medical Center

Mailing 751 South Bascom Avenue
San Jose, CA 95128

SAN RAFAEL

Group: **Support Group Class**

Time: Every Tuesday at 5:30 pm

Place: Marin Center for Independent Living
710 Fourth Street
San Rafael, CA 94901

Contact: 415/459-6245

22. Support Groups

SAN RAMON

Group: **Head Injury Support Group** (survivors and family)
Time: Fourth Thursday of the month at 7:30-9:00 pm
Place: Call for meeting place
Contact: JoAnne Swift
925/443-4366
Call ahead to confirm dates.
Mailing 10120 Tesla Rd.
Livermore, CA 94550

SANTA CRUZ

Group: **Head Injury Peer & Family Support Group**
Place: Santa Cruz, CA
Contact: Christy Brickwell
831/462-8720
Call for days, times, and locations
Sponsors: CCCIL New Options Program.

SANTA ROSA

Group: **Brain Injury Network of Sonoma County, Inc.**
Time: Call for times.
Place: Call for locations
Contact: Sue Hultberg, MA, JD
707/544-4323
braininjurynetwork@prodigy.net
Website: <www.braininjurynetwork.org>

22. Support Groups

SAUSALITO

Group: **Children Living With Illness**

Time: First and Third Wednesday of the month,
6:15-6:45 pm-Dinner;
6:45-8:00 pm Support group for both children and parents

Place: The Center for Attitudinal Healing
33 Buchanan Street
Sausalito, CA

Contact: Jimmy Pete
415/331-6161 x112

- For children who are ill, or have an ill sibling, or an ill parent.
- Parent group meets separately at the same time.

WALNUT CREEK

Group: **New Lift II Support Group** (TBI survivors)

Time: First and third Monday of the month at 7:30-8:30 pm.

Place: John Muir Hospital
Outpatient Therapy Center
The Atrium
981 N. Broadway
Walnut Creek, CA 94596

Contact: Sheri Scarborough, Ph.D.
925/947-4466 x31806

Mailing: 75 Southwind Circle
Richmond, CA

Group: **Brain Tumor Group**

Time: Second and fourth Wednesday of the month. Call for time.

Place: The San Francisco/East Bay Wellness Community
3276 McNutt Ave.
Walnut Creek, CA 94596

Contact: Erika Maslan, MFCC
925/933-0107
Fax: 925/933-0249

