



# 2014 Directory of Support Groups

## Caregiver Support Groups in Alameda County: 2014

Caregivers support groups are offered throughout Alameda County and address a range of needs and circumstances. Some are geared towards caregivers whose family members or friends have a specific health condition and others are more general. Some are for caregivers only, and some welcome both the caregiver and individual needing care. Most are held in person, while some can be accessed online.

**Please call before attending a group to confirm the date, time and location.**

**Alzheimer's Association, Northern California & Nevada Chapter** (800) 272-3900

[www.alz.org/norcal/in\\_my\\_community\\_support.asp](http://www.alz.org/norcal/in_my_community_support.asp)

Support groups for Alzheimer's disease and other dementias.

Support Group	Meeting Date/Time	Facilitator	Contact
Alzheimer's Caregivers	2nd Thursdays 10:00 am to 11:30 am	Shelly Cooper (925) 284-7942 <a href="mailto:heather.gray@alz.org">heather.gray@alz.org</a>	Mastick Senior Center 1155 Santa Clara Ave Alameda, CA 94501
Alzheimer's Caregivers	4th Thursdays 7:00 pm to 9:00 pm	Ericka Smith (650) 962-8111	800 Hearst Ave Berkeley, CA 94710
Alzheimer's Caregivers	1st Wednesday 7:00 pm to 9:00 pm	Deanna Randall & Michelle Cataldo (650) 962-8111 <a href="mailto:heather.gray@alz.org">heather.gray@alz.org</a>	Alzheimer's Services of the East Bay 2320 Channing Way Berkeley, CA 94704
Alzheimer's Caregivers	4th Thursday, 4:30 pm to 5:45 pm	Geri Degan (510) 644-8292 <a href="mailto:heather.gray@alz.org">heather.gray@alz.org</a>	Alzheimer's Services of the East Bay 2320 Channing Way Berkeley, CA 94704
Alzheimer's Caregivers	1st Monday, 7:00 pm to 9:00 pm <i>(unless it's a holiday and then we meet on the second Monday of the month)</i>	Barbara Gerber-Jones (925) 284-7942 <a href="mailto:heather.gray@alz.org">heather.gray@alz.org</a>	Creekside Community Church 951 McArthur Blvd. San Leandro, CA 94577
Alzheimer's Caregivers	Last Wednesday, 7:00 pm to 9:00 pm	Carol Callaway & Barbara Petterson (925) 284-7942 <a href="mailto:heather.gray@alz.org">heather.gray@alz.org</a>	Washington Hospital West, Conf. Rm. Anderson C, 2500 Mowry Ave. Fremont, CA 94538
Alzheimer's Caregivers	4th Tuesday, 6:00 pm to 7:30 pm	Joyce Haynes (510) 784-4818 <a href="mailto:heather.gray@alz.org">heather.gray@alz.org</a>	Kaiser Permanente, 27303 Sleepy Hollow, Medical Office Bldg., Rm. M3 Hayward, CA 94545
Alzheimer's Caregivers	10:30 am to 12:00 pm 2nd Tuesdays - All Caregivers 4th Tuesdays - Spouse Caregivers 4th Thursday - Family (non-spouse) - Friend Caregivers	Lowanda Moore (510) 752-7682 <a href="mailto:heather.gray@alz.org">heather.gray@alz.org</a>	Kaiser Hospital, Fabiola Bldg., Ground Flr., Rm. G26, 3801 Howe St. Oakland, CA 94611

Support Group	Meeting Date/Time	Facilitator	Contact
<b>Lunch and Learn</b> (Potluck) for African-American Caregivers	1st Friday, 11:00 am to 1:00 pm	Craig Wingate (925) 284-7942	North Oakland Senior Center, 5714 Martin Luther King Jr. Way Oakland, CA 94609
<b>Alzheimer's</b> Caregivers En Espanol/ Spanish-Speaking Group	1st Wednesday, 10:00 am to 11:30 am	Ernesto Lopez Hidalgo Posada de Colores (925) 284-7942 <a href="mailto:ernesto.hidalgo@alz.org">ernesto.hidalgo@alz.org</a>	Senior Apartments 2221 Fruitvale Ave. Oakland CA 94601
<b>Alzheimer's</b> Caregivers	3rd Wednesday, 7:00 pm to 9:00 pm	Cale Davis (925) 284-7942 <a href="mailto:ccale.davis@alz.org">ccale.davis@alz.org</a>	Pleasanton Senior Center Senior Support Program 5353 Sunol Blvd Pleasanton CA 94566
<b>Alzheimer's</b> Caregivers	2nd Monday, 1:00 pm to 3:00 pm	Carol Bush (925) 931-5379 <a href="mailto:heather.gray@alz.org">heather.gray@alz.org</a>	Pleasanton Senior Center Senior Support Program 5353 Sunol Blvd. Pleasanton CA 94566
<b>Lewy Body</b> and other dementia caregiver support group	Meets monthly, contact Karen Jenkins for dates and location.	Karen Jenkins (925) 325-0544 <a href="mailto:kjenkins@rsac.com">kjenkins@rsac.com</a>	Lewy Body Dementia Association 1261 Laguna Street Livermore, CA 94550
<b>Dementia</b>	1st Saturday of the month 10:00 am	Susan Anderson MHS CMC (510) 536 3377 <a href="mailto:sanderson@eldercaremanagers.com">sanderson@eldercaremanagers.com</a>	Sutter Care at Home 2100 Embarcadero #101 Oakland, CA 94610

### Early Stage Support Groups

Groups are designed for persons with memory loss due to Early Stage Alzheimer's or a related disorder. Separate, concurrent groups for family members are available. Meet others in similar situations and share strategies for living with memory loss. Groups led by compassionate, professional facilitators. Contact: Judy Filippoff, MSW, Early Stage Program coordinator at the Alzheimer's Association at **(800) 272.3900**

### Telephone Support Groups

<b>Dementia Caregiver Group</b> 4th Monday, 7:00 p.m. to 8:30p.m. Facilitator: David Hahklotubbe To register: Heather Gray (650) 623-3133	<b>Frontal Temporal Dementia Adult Children Group</b> 3rd Wednesday, Early Evening To register: Jamie C. Fong (415) 476-8613	<b>Spanish Speaking Dementia Caregiver Group</b> 3rd Wednesday, 7:00 p.m. to 8:30p.m. To register: Esther Wilson-Arias (650) 623-3119
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### Learning Circles

**Learning Circles** meet monthly and cover a variety of topics, including: managing difficult behaviors, legal and financial issues, medication management and caregiver self-care. In addition, Learning Circles help the attendees develop and learn effective caregiving techniques that are specific to their culture and community.

**Contact: Craig A. Wingate** ([cwingate@alz.org](mailto:cwingate@alz.org)) or [www.alz.org/norcal/in\\_my\\_community\\_support.asp](http://www.alz.org/norcal/in_my_community_support.asp)

## Family Caregiver Alliance (FCA)

(800) 445-8106

<http://www.caregiver.org>.

Four **online support groups** for caregivers and their loved ones.

The [www.Caregiver Online Group](#) is an un-moderated group for families, partners and other caregivers of adults with disorders such as Alzheimer's, stroke, brain injury and other chronic debilitating health conditions. The group offers a safe place to discuss the stresses, challenges and rewards of providing care for a loved one.

The [Huntington's Disease and Movement Disorders Online Group](#):for diagnosed individuals, families, friends and professionals — living with the day-to-day challenges of HD, Parkinson's or another movement disorder.

The [LGBT Caring Community Online Support Group](#) offers a place for lesbian, gay, bisexual and transgender caregivers of adults with chronic health problems to discuss the unique issues of caring for their loved ones.'

The [Link2Care Support Group](#) is part of a secure website dedicated to clients of California's Caregiver Resource Centers. For information on participating in this moderated group, call your local CRC or (800) 445-8106.

## Kaiser Permanente Dementia Caregiver Support Groups

(510) 752-7682

Kaiser Fabiola Bldg  
3801 Howe Street, Oakland,  
Ground Floor, Room G-26  
10:30 am-12:00 pm

2<sup>nd</sup> Tuesday – All Caregivers  
4<sup>th</sup> Tuesday – Spouse Caregivers  
4<sup>th</sup> Thursday – Family (Non-spouse) & Friend Caregivers

Month	Topic
Tues: Aug 12	<b>Stress Management</b>
Thurs: Aug 26 Tues: Aug 28	Open Discussion
Tues: Sept 9	<b>Placement Issues</b>
Tues: Sept 23 Thurs: Sept 25	Open Discussion
Tues: Oct 7	<b>Adult Day Care</b>
Tues: Oct 21 Thurs: Oct 23	Open Discussion
Tues: Nov 1	<b>Coping with the Holidays</b>
Tues: Nov 25	Open Discussion
Tues: Dec 9	<b>Emotions of Caregiving</b>

## Bay Area Community Services

4<sup>th</sup> Tuesday of the month: 1:00 – 2:30 pm

5714 Martin Luther King Jr Way, Oakland, Ca 94609

Contact person: Roberta Tracy at (510) 601-1074. Please call first.

## Family Bridges – Hong Fook CBAS Centers

1388 Harrison Street, Oakland

Caregiver Support and Education groups for Chinese, Korean & Vietnamese speaking caregivers.

Contact person: Joyce Chan (Chinese speaking caregivers) (510) 839-9673 ext. 221

Contact person: Thuy Nguyen (Vietnamese speaking caregivers) (510) 302-0460 ext. 345

Contact person: Soon Jung Hyun (Korean speaking caregivers) (510) 839-9673 ext. 217

## Eden Medical Center

Alzheimer's Family Caregivers Support

First Monday of every month: 7 pm

Creekside Community Church, 951 McArthur Blvd, San Leandro

[www.edenmedicalcenter.org/services/supportgroups.html](http://www.edenmedicalcenter.org/services/supportgroups.html); (510) 329-1537

## Alta Bates Summit Medical Center - Caregivers' Support Group

First Thursday of the month: 1:00 to 2:30 pm

Summit Campus, South Pavilion, 5th Floor, group rooms 3 and 4.

Call (510) 613-2092 for more information.

## Family Education and Resource Center (FERC) Family & Caregiver Support Group

First Wednesday of the month: 6:30 to 8:00 pm

FERC Main Office: 7200 Bancroft Ave. Suite 269, Oakland 94605.

Park on the east side of the Eastmont Town Center in the McDonald's parking lot.

Enter through entrance 'E' to the right of the Oakland Police Dept. substation. (888) 896-3372

## Eldercare Alliance, Care-Anon Caregiver Support Group

Meetings every Monday: 7- 8:30 pm

Salem Lutheran Retirement Library, 1st floor

2361 East 29th Street, Oakland, CA 94606

Further information: (510) 549-3509. Directions: (510) 534-3637

## Jewish Family & Children's Services of the East Bay

Long-Distance Family Caregiver Support Group; Moderated by a geriatric social worker.

Second & Fourth Wednesday of the month: 5:00 – 6:00 pm

\$25 per session (sliding scale available)

Registration required. (510) 558-7800

## Crisis Support Services

This agency offers several types of caregiver and older adult support groups, including a *Women in Transition* and a *Grief Support Group*. Groups are held in different locations. Pre-registration required and there is a sliding scale fee.

For information, contact: Director Devah DeFusco at (510) 420-2475 or visit [www.crisissupport.org](http://www.crisissupport.org)

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