



Online Support Group

The most valuable support a family caregiver can receive is from a peer — someone who truly understands what it is like to care for a loved one. Support Groups provide a supportive atmosphere to share experiences and ideas as a way to ease the stress of caregiving.

Get Connected

FAMILY CAREGIVER SUPPORT GROUP:
When: 3rd Thursdays every month
Time: 11:00AM
Email: Ndow@csuchico.edu



Dates & Times Subject to Change

Visit our website:



Email: mcrc@csuchico.edu

Phone: 530.898.5925

Social Media: [Facebook Page](#)