

Resource Spotlight

USC Leonard Davis
Family Caregiver Support Center

Have you taken a look at our support group offerings lately? The USC Family Caregiver Support Center runs 16 different support groups throughout Los Angeles County. We even provide telephone support groups for those who find it inconvenient to attend a group in person.

Support groups are one of the most helpful services we offer for caregivers. For those unfamiliar with support groups, they often have a mental image of

emotional teary-eyed participants sharing their struggles when someone suggests going to a support group. Certainly, some tears may be shed in the course of a meeting, but for the most part, support groups are a valuable resource for members to share their victories and struggles, meet others who truly understand how they feel and what is happening to them, and build a sense of community and support. Many caregivers feel incredibly alone in their caregiving journey, and attending support group meetings can help improve

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CALENDAR OF EVENTS:

- **July 2nd, 6:00-7:30 PM: Rancho Palos Verdes Support Group**
Location: Mary & Joseph Retreat Center
5300 Crest Rd., Rancho Palos Verdes, CA 90275
- **July 3rd & 17th, 1:00-2:30 PM: Pasadena Support Group**
Location: Pasadena Senior Center
85 E. Holly St., Pasadena, CA 91103
- **July 9th & 23rd, 11:30 AM-1:00 PM: First AME Church Support Group (*PEER-LED*)**
Location: First AME Church: Allen House
2249 South Harvard, Los Angeles, CA 90018
- **July 10th, 10:00-11:30 AM: Rosemead Support Group**
Location: California Mission Inn (Massie Hall)
8417 Mission Dr., Rosemead, CA 91770
- **July 10th & 24th, 12:00-2:00 PM: USC Support Group**
Location: LACRC@USC - Davis School of Gerontology
- **July 11th, 4:30-6:00 PM: Claremont Support Group**
Location: Claremont Manor Care Center (OT Room)
621 W. Bonita Ave., Claremont, CA 91711
- **July 11th, 6:00-7:30 PM: SPANISH Telephone Support Group**
Please register by calling toll-free (855) 872-6060.
- **July 17th, 10:00 AM-12:00 PM: Downey Support Group**
Location: Remita Health
12620 Erickson Ave., Downey, CA 90242
- **July 17th, 1:30-3:00 PM: Azusa Support Group**
Location: Silverado Sierra Vista Memory Care Community
125 Sierra Madre Ave., Azusa, CA 91702
- **July 17th, 24th, & 31st, 2:00-4:00 PM: "Stress, Resilience & Positivity" (Sierra Madre)**
Location: The Kensington Sierra Madre
245 W. Sierra Madre Blvd., Sierra Madre, CA 91024
REGISTRATION IS REQUIRED. Please call Yvonne Kuo (213-821-6919) or Jenny Peterson (213-821-6908) to register.
- **July 18th, 9:00-11:00 AM: "C.A.L.M. About: Fall Prevention & Home Safety" (Baldwin Park)**
Location: Kaiser Permanente Medical Center
1011 Baldwin Park Blvd., Baldwin Park, CA 91706
Basement Conference Rooms
- **July 18th, 10:00 AM-12:00 PM: "C.A.L.M. About: Caregiver Safety: Body Mechanics, Transferring, & Fall Prevention" (Cerritos)**
Location: Cerritos Senior Center
12340 South St., Cerritos, CA 90703
- **July 22nd, 10:30 AM-12:00 PM: Pasadena Village Support Group**
Location: The Pasadena Village
236 W. Mountain St., Ste. 104, Pasadena, CA 91103
- **July 24th, 10:00 AM-12:00 PM: Pico Rivera Support Group**
Location: Pico Rivera Senior Center
9200 Mines Ave., Pico Rivera, CA 90660
- **July 25th, 10:00 AM-12:00 PM: Caregivers' Circle**
Location: Potrero Heights Community & Senior Center
8051 Arroyo Dr., Montebello, CA 90640
- **July 25th, 10:00 AM-12:00 PM: Long Beach Support Group**
Location: Grace First Presbyterian Church (Fireside Room)
3955 Studebaker Road, Long Beach, CA 90808
- **July 25th, 6:00-7:30 PM: Lake View Terrace Support Group (*PEER-LED*)**
Location: Lake View Terrace Library
12002 Osborne St., Lake View Terrace, CA 91342
- **July 25th, 6:30-8:00 PM: Telephone Support Group**
Please register by calling toll-free (855) 872-6060.

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their feelings of isolation and depression.

Support groups are also a great way for you to meet others going through similar experiences, share your stories, celebrate your successes, and troubleshoot situations you are having difficulties with. Often caregivers will find that support groups are a good way to share their expertise and be helpful in solving other caregivers' questions. In fact, support groups can help a caregiver to feel more empowered and valuable to the group because he or she is contributing to helping others.

For those who have trouble attending a support group in person, we also offer two telephone

support groups during the month. These telephone support groups are a great opportunity to try out the support group atmosphere in case you are shy about sharing your feelings in person. We offer one telephone support group in English, and the other in Spanish.

What if you tried a support group, and it just didn't appeal to you? We encourage caregivers to try attending a few different support groups because not every support group is the right fit for every person. Just because one group does not appeal to you does not mean they will all be like that. Support groups vary greatly depending upon the participants in the group as well as the facilitator. Different groups take on different personalities, and there's one out there waiting for you!

