

Stroke Support in Southern California

Region West Los Angeles
City Beverly Hills
Name / Type **GO GO STROKE CLUB**
Location Beverly Hills Public Library
Address 455 N, Rexford Drive, Beverly Hills, CA 90210
Leader Linda Riback
Phone/Email 310-205-0910 - ribackli@yahoo.com
Day/Time Fridays - Twice a Month 12:15 p.m. – 1:30 p.m. Call to confirm
Comments Social group; Caregivers welcome; Some field trips.

Region West Los Angeles
City West Los Angeles
Name / Type **Stroke Support Group**
Location West Los Angeles VA Medical Center
Address 11301 Wilshire Blvd, Los Angeles, CA 90073
Room 2nd Floor East, Dining Room, 500 Bldg. (main VA Hospital Bldg.)
Leader Michele Zeller PSY.D
Phone/Email (310) 478-3711 ext. 49146; michelle.zeller@va.gov
Day/Time Thursday / 1:00 p.m.- 2:00 p.m.
Comments Education regarding stroke signs, symptoms, risk factors, prevention. Support for adjustment, loss. Open to veterans, caregivers, friends.

Stroke Support in Southern California

Region West Los Angeles
City West Los Angeles
Name / Type **“YES I CAN” STROKE SUPPORT GROUP / Blended**
Location Cedars-Sinai Medical Center
Address 8700 Beverly Blvd., Los Angeles, CA 90048
Room 7th Floor Rehab #7831
Leader Linda Schaefer
Phone/Email 310-423-6358 - linda.schaefer@cshs.org
Day/Time 2nd Tuesday / 2:30 - 3:30 PM
Comments Topics of interest and speakers. Social interactions and activities, supportive environment. Complimentary Parking: George Burns & Gracie Allen Lot 1&2

Region West Los Angeles
City West Los Angeles
Name / Type **One Stroke Ahead / Young Survivors**
Location Cedars-Sinai Medical Center
Address 8700 Beverly Blvd., Los Angeles, CA 90048
Room 7th Floor Rehab #7831
Leader Linda Schaefer
Phone 310-423-6358
Day/Time 2nd Tuesday / 6:30 - 8:00 PM
Comments Support for survivors 18 - 55 years old. Exercise, education and social. Caregivers welcome. Free parking: Burns & Allen Lot 1&2

Region West Los Angeles
City West Los Angeles
Name / Type **APHASIA SUPPORT GROUP / Survivors**
Location Cedars-Sinai Medical Center, South Tower, Cafeteria Conference Room A
Address 8700 Beverly Blvd, Los Angeles 90048
Room Contact Stephanie Lewis -310-423-9218 before attending.
Leader Stephanie Lewis
Phone/Email 310-423-9218 lewisst@cshs.org
Day/Time Friday / 10:30- 12 noon
Comments Complimentary Parking: George Burns & Gracie Allen Lot 1&2

Stroke Support in Southern California

Region West Los Angeles
City Los Angeles
Name / Type **STROKE RECOVERY GROUP at UCLA**
Location UCLA Medical Plaza
Address 300 UCLA Medical Plaza, Los Angeles, California 90095-9668
Room Third Floor, Leif Conference Room
Leader Reams Freedman
Phone (310) 575-1699
Day/Time Wednesday, 2:00 - 3:30 p.m.; Please call first.
Comments Survivor and Caregiver Support and Education.

Region Los angeles
City Los Angeles
Name / Type **Stroke Support Group**
Location Keck Hospital of USC
Address 1500 Pablo Street, Los Angeles 90023
Room 3 North, Acute Rehabilitation Day Room (3261A)
Leader Leslie J. Tarlow, RN, MSN, GNP-BC
Phone 323-442-0049, obiwuru@med.usc.edu
Day/Time 2nd Thursday of each month, 1:30 - 3:00 PM
Comments Snacks served, parking validated

Region Los Angeles
City Los Angeles
Name / Type **STROKE SUPPORT GROUP**
Location Baldwin Hills Recreation Center
Address 5401 Highlight Place Los Angeles, CA 90016
Leader Bettie Lewis
Phone (323) 299-9585
Day/Time Wednesday 10-11:30 AM - Call to confirm
Comments Survivors and families welcome. Behind Baldwin Hills Elementary, 5421 Rodeo Rd, between La Cienega and La Brea

Region Los Angeles
City Hollywood
Name / Type **ASSISTANCE LEAGUE LEEZAH'S PLACE**
Location Community Center / Blended
Address 1370 North Street Andrews Place Hollywood, CA 90028
Leader Yael Wyte
Phone/Email (323) 460-6877 - ywyte@leezasplace.org
Day/Time 3rd Monday 11:00– 12:30 p.m.
Comments Support & education. Refreshments and free parking

Stroke Support in Southern California

Region Los Angeles
City Los Angeles
Name / Type **NIKKEI STROKE CLUB**
Location Little Tokyo Service Center
Address 231 East Third Street, G-104 Los Angeles, CA 90013
Room G-104
Leader Yasuko Sakamoto
Phone (213) 473-3030
Day/Time Wednesdays / 10:00 a.m. - 12:00 Noon
Comments Unstructured social support group for family members, caregivers, and people who have suffered a stroke. Most are long-term survivors. Mostly conducted in Japanese. LTSC is part of CASA HEIWZA parking garage for members. Bilingual / Japanese

Region Los Angeles
City Whittier
Name / Type **STROKE GROUPS / Blended**
Location Presbyterian Intercommunity Hospital
Address 12401 Washington Boulevard Whittier, CA 90602
Room Meets in the Blanchard Auditorium
Leader Denise Fierro, MSW
Phone (562) 698-0811 ext. 2453 or x2392
Day/Time 2nd Tuesday of each month/ 2:00 - 3:30 p.m.
Comments Support and education: speakers; large group; outside functions. Member run. Free parking in front of the hospital.

Stroke Support in Southern California

Region San Fernando Valley
City Burbank
Name / Type Stroke Support Group - Blended - Survivors and Family
Location Providence St. Joseph Medical Center
Address 501 South Buena Vista, Burbank, CA 91505
Room Acute Rehab Unit Dining Room 5th Flr of North Tower
Leader Miriam Siyam LCSW
Phone (818) 847-3799
Day/Time 3rd Thursday of each month, 2:30 - 4:00 p.m.
Comments This is an open group in which survivors and their loved ones share their feelings and exchange information relating to stroke and the adjustment process involved in dealing with stroke. Acute Rehab Dining Room. No fee. Refreshments served. Caregivers welcome

Region San Fernando Valley
City Glendale
Name / Type Stroke Support Group
Location Glendale Adventist Medical Center
Address 1509 Wilson Terrace, Glendale, CA 91206
Room Committee Room C
Leader Michelle Jocson, MSN-Ed., RN Connie Munoz, LCSW, MSW
Phone 818-409-3552
Day/Time 12:00 p.m. - 2:00 p.m. on Nov 14, Dec 12, Jan 9, Feb 13, Mar 12, Apr
Comments Open to stroke patients, families and caregivers free of charge. Refreshments served. To register, please call Neuroscience Institute @ 818-409-3552 or Patient Access Services @ 818-409-8100

Region San Fernando Valley
City Northridge
Name / Type **STROKE GROUP - NORTHRIDGE / Blended**
Location Northridge Hospital Medical Center
Address 18300 Roscoe Boulevard (IFL Bldg., 3rd fl-rehab unit) Northridge, CA 91328
Room IFL Bldg., 3rd fl-rehab unit
Leader Mindy Elkabetz
Phone (818) 885-8500, Ext. 4865 / Mindy.lassman-elkabetz@chw.edu
Day/Time Wednesday, 3:00 - 4:00 p.m.
Comments Education, resources, speakers, social interaction. Focus on support, Encouragement, friendship, and education.

Stroke Support in Southern California

Region San Fernando Valley
City Reseda
Name / Type **STROKE ACTIVITY PROGRAM**
Location Eisenberg Village
Address 18855 Victory Boulevard Reseda, CA 91335
Room Board Room
Leader Sharon Hensel-Cohen
Phone (818) 968-2337
Day/Time Thursdays, 10:00 – 11:30 a.m.
Comments Combination rehab activities and support group.

Region San Fernando Valley
City Mission Hills
Name / Type **STROKE GROUP - MISSION HILLS**
Location Providence Holy Cross Medical Center
Address 15031 Rinaldi Street, 4th Fl. Rehab Gym Unit D (acute rehab unit) Mission Hills, CA 91345-1285
Room 4th Fl. Rehab Gym Unit D
Leader Barbara Lange
Contact Information 818-496-4425 818-496-4467 / Barbara.Lange@Providence.org
Day/Time Last Wednesdays / 4:00 - 5:30 p.m.
Comments Caregivers and families break into separate groups. Size is about 15. They have educational topics with invited speakers as well as open forum time. Local Resources include P/T speech clinics @ CSUN

Stroke Support in Southern California

Region San Fernando Valley
City Woodland Hills
Name / Type **Stroke Support Group**
Location Kaiser Permanente Woodland Hills
Address 5601 de Soto Avenue, Woodland Hills, CA 91367
Room Auditorium B
Leader Betsy Diep, (818) 719 4734, elizabeth.h.diep@kp.org
Contact Information Betsy Diep, (818) 719 4734, elizabeth.h.diep@kp.org
Day/Time 4th Tuesday of the month, 3:45pm-5:00pm
Comments Blended, survivors, caregivers, family members, open to everyone. No charge

Region Ventura
City Simi Valley
Name / Type **Simi Valley Hospital**
Location Simi Valley Hospital Rehabilitation Center
Address Fireside Room 3015 N. Sycamore Drive Simi Valley, CA 93065
Room Fireside Room
Leader Mr. Richard Randall
Phone (805) 498-2632
Day/Time Saturday, 1:30 – 3:00 p.m.
Comments Survivors of head injury and their families meet together. Speakers scheduled for 1st Saturdays; rest of month is support and social. They organize trips and have outings (sometimes on Sundays).

Region Ventura
City Thousand Oaks
Name / Type **Westlake Support Group/ Blended**
Location Los Robles Rehabilitation Center 250 Via Merita, Thousand Oaks, CA 91362
Address 250 Via Merita, Thousand Oaks, CA 91362
Leader Richard & Mary Randall
Phone (805) 498-2632
Day/Time Wednesdays, 2:30 - 4:00 p.m.
Comments For survivors, caregivers and families. All ages. Younger welcome 40+

Stroke Support in Southern California

Region SAN GABRIEL VALLEY
City Pasadena
Name / Type **Huntington Hospital Post Stroke Support Group / Blended**
Location Huntington Memorial Hospital
Address La Vina Bldg – Conference Room 2 100 W. California Blvd. Pasadena, CA 91109
Room Conference Room 2
Leader Harvey Shacket, Social Worker – Clinical Social worker
Phone (626) 397-2214 / harveyshacket@huntingtonhospital.com
Day/Time 2nd Tuesday of each month , 11:00 a.m. - 12:00 p.m.
Comments Support and education. Speakers and discussion. Size is about 20-40 people and blended. Meetings are in the La Vena Bldg. Conference Room 2 Parking behind La Vena Bldg. On Pasadena Ave. between Bellefontaine & California Blvd.

Region SAN GABRIEL VALLEY
City Covina
Name / Type **STROKE GROUP - AFTER STROKE SOCIALIZATION**
Location Griswold Center
Address 16209 E. San Bernardino Road Covina, California 91722
Leader Susan Coffey, Director
Phone (626) 472-7681
Day/Time Tuesdays and Thursdays, 9:00 a.m. - 2:00 p.m.
Comments Combination support, classes, social, varied activities, special events; opportunities to explore new interests and try new skills; no transportation. Caregivers encouraged use as respite time. Group size 20-25 members and group is blended. This group focuses in relearning and independent living skills.

Region SAN GABRIEL VALLEY
City Glendora
Name / Type **GLENDORA AFTER STROKE**
Location La Fetra Senior Center
Address 333 E. Foothill Boulevard Glendora, CA 91741
Leader Debe Gonsalves, Director
Phone (626) 914-5471 or (909) 981-3768 / Debe76@gmail.com
Day/Time Wednesdays, 9:00 a.m. - 3:00 p.m.
Comments Ages 40-90yrs. Activities include re-learning exercises, support groups, current events, music, exercise, hot lunch, special speakers, field trips, and re-socialization. Caregivers welcome. No Fee.

Region SAN GABRIEL VALLEY
City Pomona
Name / Type **POMONA VALLEY AFTER STROKE CENTER**
Location Pomona Senior Center at Palomares Park
Address 499 E. Arrow Highway Pomona, CA 91767
Stroke Association
of Southern California
(310) 575-1699

Stroke Support in Southern California

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| Room | Pomona Senior Center |
| Leader | Darlene Duenas, Director - or Christine |
| Phone | (626) 335-8372 (home) (909) 981-3768 |
| Day/Time | Mondays, 9:00 a.m. - 3:00 p.m. |
| Comments | Average 30 members. Activities include re-learning exercises, support groups, current events, music, exercise, hot lunch, special speakers, field trips, and re-socialization. Caregivers welcome. |

Stroke Support in Southern California

Region SOUTH BAY
City Carson
Name / Type **SURVIVORS OF STROKES SUPPORT SERVICES PROGRAM / Survivors**
Location Carson Community Center
Address 3 Civic Plaza Drive Carson, CA 90745
Room Social Services Office
Leader Blanca Barba
Phone (310) 952-1775
Day/Time Tuesdays & Thursdays, 12:30 – 1:30 p.m.
Comments Discussion of topics concerning life changes. Exercise Program is free to Carson residents, \$5 per session for nonresidents, and requires a physician's release. Tues. & Thurs.: Exercise Class for Stroke Survivors – 12:30 – 1:30. Caregivers are encouraged to attend. Wednesdays: Warm-water pool exercises at Ability First Pools – 2 - 3 P.M.

Region SOUTH BAY
City Gardena
Name / Type **SENIOR CITIZEN STROKE SUPPORT GROUP**
Location Asian Community Service Center
Address 14112 S. Kingsley Drive Gardena, CA 90249
Leader Rachel Adam and Grace Barnett
Phone (310) 324-3777
Day/Time Mondays, 10:00 a.m. - 12:30 p.m. (varies)
Comments Educational - speaker every month; field trip every month. Caregivers welcome to attend. No fees.

Region SOUTH BAY
City Lomita
Name / Type **TORRANCE/LOMITA STROKE ASSOCIATION AFFILIATE**
Location St. Mark's Presbyterian Church
Address 2407 Pennsylvania Avenue Lomita, CA 90717
Leader Larrie Schnorr
Phone (310) 371-6646
Day/Time Fridays, 1:00 p.m.
Comments 12-week sessions with 3-4 week breaks.

Stroke Support in Southern California

Region SOUTH BAY
City Long Beach
Name / Type **LONG BEACH STROKE ASSOCIATION AFFILIATE / Blended**
Location California Heights Methodist Church
Address 3759 Orange Avenue Long Beach, CA 90807
Leader Norma Morris
Phone (562) 537-0556 / lbcsasc@cox.net
Day/Time Tuesdays, 10:00 - 11:30 a.m.
Comments Support and education. Weekly 12-week sessions for stroke survivors and caregivers. One-month break between sessions (April, August & December). Call contact first to make sure they are not on a break.

Region SOUTH BAY
City Long Beach
Name / Type **55 AND UNDER SUPPORT GROUP / Blended**
Location California Heights Methodist Church
Address 3759 Orange Avenue Long Beach, CA 90807
Leader Norma Morris
Phone (562) 537-0557 / lbcsasc@cox.net
Day/Time Tuesdays, 10:00 - 11:30 a.m.
Comments Support and education. Weekly 12-week sessions for stroke survivors and caregivers. One-month break between sessions (April, August & December). Call contact first to make sure they are not on a break. Group size 36-43. 3 separate groups: 1) 59 and under survivors 2) 60 and better survivors 3) stroke family group.

Region SOUTH BAY
City Long Beach
Name / Type **VETERANS AND THEIR CAREGIVERS ONLY / Survivors**
Location VA Medical Center
Address 5901 E. 7th Street Building 1 Room S102 Long Beach, CA 90822
Room Building 1 Room S102
Leader Dr. Steven Deutsch
Phone (562) 826-8000 x3283 / Steve.deutsch2@med.va.gov
Day/Time Wednesdays, 10:00 - 11:00 a.m.
Comments Must call the above number to set up an interview for the first appointment. Must be enrolled in the VA system.

Stroke Support in Southern California

Region SOUTH BAY
City Long Beach
Name / Type **TRANSITIONAL REHAB SERVICES (TRS) / Blended**
Location Private home
Address 2085 East 3rd. Street Long Beach CA 90814
Leader Mitchell Holden, M.S., CCC-SLP – Clinical Supervisor Darryl McIver, B.A. – Case Manager
Phone 562-933-1680
Day/Time 3rd Thursday of each month, 5-6 p.m.
Comments TRS provides skills to meet real life challenges. English & Spanish. RSVP Please. Survivors, Caregivers and family

Region SOUTH BAY
City Redondo Beach
Name / Type **ADAPTIVE NEW BEGINNINGS AFTER STROKE CLASS / Blended**
Location Anderson Park Senior Center
Address 3007 Vail Avenue Redondo Beach, CA 90278
Leader Mem Howe
Phone (310) 318-0650
Day/Time 1st & 3rd Mondays, 12:00 - 3:00 p.m.; 2nd, 4th, & 5th – 1:00 – 3:00
Comments This is an activity group. post-stroke adaptive mobility support group; movement specialist, socialization, exercise, volleyball, dominoes, board games, refreshments, 22-25 people attend.

Region SOUTH BAY
City San Pedro
Name / Type **STROKE AND TRAUMATIC INJURY SUPPORT GROUP / Blended**
Location Little Company of Mary Hospital
Address 1300 W. Seventh Street San Pedro, CA 90732-3594
Room First floor De Mucci Conference Room
Leader Kate Cummins, Psy.D.; katheryn.cummins@providence.org
Phone (310) 832-3311, Ext. 6954
Day/Time 1st Wednesday, 6:00 - 7:30 p.m.
Comments Stroke survivors and caregivers. Guest speakers. Group discussion and support group. Strategies for physical and mental challenges.

Stroke Support in Southern California

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| Region | SOUTH BAY |
| City | Torrance |
| Name / Type | INDEPENDENT LIVING SKILLS STROKE CLASS – ADULTS WITH DISABILITY PROGRAM / Blended |
| Location | J.H. Hull Adult Center |
| Address | 2090 W. 231st. Street Torrance, CA 90501 |
| Leader | Judith Schechter |
| Phone | (310) 937-2263 |
| Day/Time | Wednesdays 12:30- 3:30 |
| Comments | This is a class that provides an educational setting for people who have experienced a stroke. Re-education, physical exercise & mental stimulation are included. Survivors will gain insight and a positive outlook on life in the post-stroke period. |

Stroke Support in Southern California

Region ORANGE COUNTY
City Fullerton
Name / Type **STROKE SUPPORT GROUP**
Location Fullerton Multipurpose Senior Center
Address 340 West Commonwealth Fullerton, CA 92832
Leader Thelma Brown Phyllis Wayland
Phone (714) 633-5017 or (714) 526-5644
Day/Time Tuesdays, 9:00 - 11:30 a.m.
Comments Exercises for handicapped led by an adult education teacher. Primarily social with light refreshments, games. Goes out for lunch every other month to a local restaurant. Treasury pays for the lunches. Stroke survivors welcomed.

Region ORANGE COUNTY
City La Palma
Name / Type **CHALLENGERS STROKE ACTIVITY CLUB**
Location La Palma Intercommunity Hospital
Address 7901 Walker Street La Palma, CA 90623
Leader Shereal Grain, LCSW
Phone (714) 670-6057; Fax: (714) 562-4058
Day/Time Wednesdays, 1:30 - 3:30 p.m.
Comments TELEPHONE FIRST TO RECEIVE A MONTHLY FLYER OF ACTIVITIES. Sometimes they go bowling, out to a restaurant, etc. Caregivers welcome.

Region ORANGE COUNTY
City Laguna Hills
Name / Type **STROKE CLUB - LAGUNA HILLS**
Location Saddleback Memorial Hospital
Address 24451 Health Center Drive Laguna Hills, CA 92653
Leader Don McRoberts
Phone (949) 837-6754
Day/Time Wednesdays, 2:30 - 4:00 p.m.
Comments Run by volunteers. Family members and/or caretakers are welcome to attend. Strictly social. Bingo once a month. Speaker and/or entertainer at each meeting.

Stroke Support in Southern California

Region ORANGE COUNTY
City Mission Viejo
Name / Type **THE STROKE CLUB**
Location Mission Hospital Center for Sports and Wellness
Address 26732 Crown Valley Parkway, Suite 291 Mission Viejo, CA 92691
Room Suite 291
Leader Kevin Finch, Speech
Phone (949) 364-1400 Ext. 5199 or 2191 or (949) 364-1770
Day/Time 1st and 3rd Wednesdays, 1:00 - 2:00 p.m.
Comments Mixture of support and education. Caregivers meet with survivors.

Region ORANGE COUNTY
City Newport Beach
Name / Type **STROKE GROUP - NEWPORT BEACH**
Location Hoag Memorial Hospital (Cancer Center Auditorium)
Address One Hoag Drive P.O. Box 6100 Newport Beach, CA 92658-6100
Leader Missy Gallo
Phone (949) 764-8225 x3
Day/Time 4th Thursday, 2:00-3:30 pm
Comments Refreshments. Scheduled educational program, music, speakers. Parking at cancer center or conference center.

Region ORANGE COUNTY
City Orange
Name / Type **STROKE GROUP - ORANGE (Mix of Younger & Older)**
Location Rehabilitation Institute of Southern California
Address 1800 E. LaVeta Avenue Orange, CA 92866
Leader Eric Andersen
Phone (714) 633-7400
Day/Time Mondays, 1:00 - 2:00 p.m.
Comments Survivors only. Approximately 6-10 people each time. 50/50 mix of younger & older people.

Stroke Support in Southern California

Region INLAND EMPIRE
City Palm Springs
Name / Type **STROKE RECOVERY CENTER / Survivors**
Address 2800 E. Alejo Road Palm Springs, CA 92262
Leader Eileen Packer
Phone (760) 323-7676
Day/Time Monday - Friday from 8:30 a.m. - 2:00 p.m.
Comments This is a unique full rehab program. The facility deals with every aspect of stroke recovery and they are also non-profit.

Region INLAND EMPIRE
Name / Type **STROKE RECOVERY CENTER / Peer Support Group**
Location Palm Springs
Address 2800 E. Alejo Road Palm Springs, CA 92262
Leader Coline Todd
Phone (760) 323-7676
Day/Time 2nd Wednesday at 10:00 a.m
Comments

Region INLAND EMPIRE
City
Name / Type **STROKE RECOVERY CENTER / Separate Caregivers group**
Location Palm Springs
Address 2800 E. Alejo Road Palm Springs, CA 92262
Leader Doris Mechanick
Phone (760) 323-7677
Day/Time 2nd Wed, 10:00 a.m.
Comments

Region INLAND EMPIRE
City Riverside
Name / Type **RIVERSIDE AFTER STROKE / Conversational group**
Location Goeske Senior Center
Address 5257 Sierra Street Riverside, CA 92504
Leader Chuck Dersch
Phone Phone: (951) 351-8800; Fax: (951) 688-9790
Day/Time Fridays, 10 a.m. – 11:30 -- Stroke Club
Comments

Region INLAND EMPIRE
City Sun City
Name / Type **SUN CITY STROKE CLUB**
Location Menifee Valley Hospital
Stroke Association
of Southern California
(310) 575-1699

Stroke Support in Southern California

Address 28400 McCall Blvd., Sun City, CA 92381
Room Education Room (Basement Level across from Cafeteria)
Leader Buzz Keeton
Phone (951) 672-8533
Day/Time Wednesdays, 10:00 a.m. - 12:00 Noon
Comments Social group, discuss personal problems, current events, anything that comes up. A registered nurse attends (co-leads) every meeting. Caregivers welcome. They have an annual stroke education event at the hospital every May (Stroke Awareness Month).

Region INLAND EMPIRE
City Rancho Cucamonga
Name / Type **CHAFFEY COLLEGE AFTER STROKE CLASS**
Location Chaffey College Disabled Student Dept.
Address 5885 Haven Avenue, Rancho Cucamonga, CA 91730
Room
Leader Joalice Hunter
Phone (909) 941-2380
Day/Time Tuesday, 9:00 a.m. - 12:00 Noon
Comments Combination support group and classes. Varied social activities, current events, exercises, gardening, special events and trips.

Region INLAND EMPIRE
City Fontana
Name / Type **CHAFFEY COLLEGE AFTER STROKE CLASS**
Location Cypress Community Center
Address 8380 Cypress Avenue Fontana, CA 92335
Leader Joalice Hunter
Phone (909) 477-8675 or 8680
Day/Time Tuesdays, 9:00 a.m. - 12:00 Noon
Comments Combination support group and classes. Varied social activities, current events, exercises, gardening, special events and trips. Opportunities to explore new interests and try new skills.

Stroke Support in Southern California

Region INLAND EMPIRE
City Fontana
Name / Type **CHAFFEY COLLEGE AFTER STROKE CLASS**
Location Kaiser Permanente
Address 9961 Sierra Avenue (Valley Annex Building) Fontana, CA 92335
Room Valley Annex Building
Leader David Moore
Phone (909) 427-7148; Fax: (909) 427-7077
Day/Time
Comments Open to the general public; focuses on new stroke survivors, people with acquired brain injuries, and seniors.

Region INLAND EMPIRE
City Fontana
Name / Type **CHAFFEY COLLEGE AFTER STROKE CLASS**
Location Valley Annex Building
Address 9961 Sierra Avenue, Fontana, CA 92335
Room Valley Annex Building
Leader David Moore
Phone (909) 427-7148; Fax: (909) 427-7077
Day/Time Thursdays, 9:00 - 11:30 a.m.
Comments Open to the general public; focuses on new stroke survivors, people with acquired brain injuries, and seniors

Region INLAND EMPIRE
City San Bernardino
Name / Type **STROKE SUPPORT GROUP**
Location Easter Seal Society
Address 241 East Ninth Street San Bernardino, CA 92410
Leader Dorothy Meier
Phone (909) 888-4125; Fax: (909) 884-5741
Day/Time Fridays, 10:30 a.m. - 12:30 p.m. (Need to call 24 hours in advance.)
Comments Mixture of support, education, and social. They have "pot luck" on the 2nd Friday of each month. Caregivers welcome. Separate caregivers group: Yes, on the first Friday of each month.

Stroke Support in Southern California

Region SAN DIEGO COUNTY
City Chula Vista
Name / Type **S.T.A.R. Support Group**
Location Across from hospital in Chula Vista Shopping Center
Address 555 Broadway, Suite 2029 Chula Vista, CA 91910
Room Suite 2029, Chula Vista Shopping Center (across from hospital)
Leader Linda Seaman
Phone (800) 727-4777 or (760) 633-6521
Day/Time 2nd & 4th Thursdays, 1:00 - 2:00 p.m.
Comments Free support and education group for survivors and families.

Region SAN DIEGO COUNTY
City Encinitas
Name / Type **S.T.A.R. Support Group**
Location Scripps Memorial Hospital Rehabilitation Center
Address 354 Santa Fe Drive Encinitas, CA
Leader Linda Seaman
Phone (800) 727-4777 or (760) 633-6522
Day/Time 1st & 3rd Tuesdays, 6:15 - 7:15 p.m.
Comments Free support and education group for survivors and families.

Region SAN DIEGO COUNTY
City La Jolla
Name / Type **S.T.A.R. Support Group**
Location Scripps Memorial Hospital
Address 9890 Genesee Avenue La Jolla, CA 92038
Room Wellness Center – lower level
Leader Linda Seaman
Phone (800) 727-4777 or (760) 633-6523
Day/Time 2nd Friday each month, 2:00 pm
Comments Free support and education group for survivors and their families. Participants must be assisted by caregivers

Stroke Support in Southern California

Region SAN DIEGO COUNTY
City La Mesa
Name / Type **SHARP/GROSSMONT STROKE SUPPORT GROUP**
Location Grossmont Hospital
Address 5555 Grossmont Center Drive La Mesa, CA 91942
Leader Grace Lattimer, Rec. Therapist
Phone (619) 644-4104
Day/Time 2nd Wednesday, 10:00 a.m.
Comments Meets in local restaurants. Third Tuesday: Support only. Family and friends welcome.

Region SAN DIEGO COUNTY
City San Diego
Name / Type **VA MEDICAL CENTER STROKE SUPPORT GROUP**
Location San Diego VA Medical Center
Address 3350 La Jolla Village Drive San Diego, CA 92161
Leader Arlene Klinefelter
Phone (858) 642-6316
Day/Time Tuesdays, 11:00 a.m.
Comments Discussion, education, counseling, communication skills

Region SAN DIEGO COUNTY
City San Diego
Name / Type **Y.E.S.S. (YOUNG ENTHUSIASTIC STROKE SURVIVORS)**
Location Sharp Rehabilitation Center
Address 2999 Health Center Drive San Diego, CA 92123
Room Recreation Therapy
Leader Bernadette Parin, Rec. Therapist
Phone (858) 939-6762
Day/Time 2nd & 4th Tuesdays, 6:00 - 8:00 p.m.
Comments Second Tuesday: Education and support Fourth Tuesday: Social or recreational activity. -- Open to All Ages. Family and friends welcome.