



Inland Caregiver Resource Center

Our Mission: Helping families and the community cope with and manage the challenges of caregiving.

Virtual Support Groups

(via internet and phone)

ICRC is now offering Virtual Support Groups to all family caregivers. Participate online or via telephone. Questions? Call us at **(800) 675-6694**.

Attention Family Caregivers!

Do you feel overwhelmed or that no one understands what you are going through? Join us as we practice social distancing through our new virtual support group for family caregivers. Connect with others to share concerns, receive information, support and develop new friendships. Click the link below to register, or **call in today at (800) 675-6694**.

Our Virtual Support Groups:

When: 1st Monday/monthly
Time: 10:00 - 12:00 pm
Facilitator: Michelle Bland
Reservation: [Click here](#)

When: 1st Wednesday/monthly
Time: 2:00 - 4:00 pm
Facilitator: Saige Downs
Reservation: [Click here](#)

When: 3rd Monday/monthly
Time: 3:00 - 4:30 pm
Facilitator: Saige Downs
Reservation: [Click here](#)

When: 3rd Tuesday/monthly
Time: 10:00 - 12:00 pm
Facilitator: Tanya Brown
Reservation: [Click here](#)

When: 2nd Thursday/monthly
Time: 2:00 - 4:00 pm
Facilitator: Jennifer Navarro
Reservation: [Click here](#)

When: 2nd Thursday/monthly
Time: 10:00 - 12:00 pm
Facilitator: Jennifer Navarro
Reservation: [Click here](#)

When: Last Thursday/monthly
Time: 2:30 - 4:30 pm
Facilitator: Kim Holton
Reservation: [Click here](#)

When: 3rd Thursday/monthly
Time: 1:00 - 3:00 pm
Facilitator: Kim Holton
Reservation: [Click here](#)

When: 3rd Thursday/monthly
Time: 6:00 - 7:30 pm
Facilitator: Darlene Merkler
Reservation: [Click here](#)

Contact us:



www.inlandcaregivers.org

(800)675-6694

(909)514-1404