

COMMUNITY SERVICES DEPARTMENT
SENIOR AND FAMILY SERVICES

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CITY OF REDONDO BEACH CALIFORNIA

December 2014

SUPPORT GROUPS

REDONDO BEACH - SOUTH BAY

This guide is published by the City of Redondo Beach, Community Services Department, Senior and Family Services Division. The guide is designed to provide interested persons with information about the available support groups in Redondo Beach and the surrounding communities.

This guide is a basic list of support groups and does not imply endorsement. The listings are not all-inclusive and are reported as accurately as possible for your use and establishment of effective references. Failure to list a support group implies no criticism.

A periodic update will be available. To inform us of corrections, additional information or changes of address or telephone number please call 310-318-0650.

City of Redondo Beach
COMMUNITY SERVICES DEPARTMENT
SENIOR AND FAMILY SERVICES
1922 Artesia Blvd.
Redondo Beach, CA 90278

310-318-0650 Voice
310-798-8273 Fax

For a complete listing of our resource guides for seniors, please visit our website at:

www.redondo.org/senior

For information on support groups not listed here, contact the Self-Help and Recovery Exchange (SHARE). SHARE clearinghouse has a database that lists more than 650 support groups and 7,000 self-help meetings per week in Los Angeles County. Phone line is staffed from 9:00 a.m. till 10:00 p.m., Monday through Friday. After hours, a recording lists several organizations and meeting places and how a typical support group operates. Phone: 310-305-8878

ALCOHOL & DRUG DEPENDENCY

Alanon **Contact:** 888-684-6444
Call listed number for meeting information for the South Bay and Long Beach areas.

Alcoholics Anonymous South Bay **Contact:** 310-618-1180
1411 Marcelina Avenue **When:** Call 24-hours, 7 days a week
Torrance, CA 90501 **Fee:** No fee

Additional Information: Call for help to stop drinking, referral to meeting times. AA literature. Office open 7 days a week 6 A.M. to 10 P.M.

Behavioral Health Services **Contact:** 310-679-9126
15519 Crenshaw Blvd. **When:** Call for information
Gardena, CA 90249 **Fee:** Depends on Program

Additional Information: Call 310-679-9126 to be directed to the correct program.

Drug Dependency Groups **Contact:** 310-513-6707
Kaiser – Carson **When:** Monday-Friday 8:00am-8:00pm
23621 South Main Saturday 8am-Noon
Carson, CA 90745 **Fee:** Free

Additional Information: A number of 12-step meetings are available at Kaiser to the community, including Narcotics Anonymous, Cocaine Anonymous, Alanon and Alcoholics Anonymous. Groups meet in Carson. Call for dates, times and location.

Providence Little Company of Mary Hospital **Contact:** 310-241-4021
Recovery Center **When:** Please call for further information
1386 W. 7th St
San Pedro, CA 90732

Additional information: All services include military/veterans and are held at The Outpatient Bldg. Services available are: inpatient/outpatient addictive medication, detox rehabilitation, alcohol, cocaine, narcotics.

ALZHEIMER'S DISEASE

Alzheimer's Disease & Related Disorders Association (ADRDA)
4221 Wilshire Boulevard
Suite 400
Los Angeles, CA 90010

Contact: 800-272-3900 (24 hr response)
When: Call for dates and times
Fee:

Additional Information: Local chapters of ADRDA able to provide information on many aspects of Alzheimer's disease and other dementia illnesses. Provides referrals to all services. Call for information on support groups in your area.

Tingstad Older Adult Counseling Ctr
1002 Childs Way, University Park,
MC 1591
University of Southern California
Los Angeles, CA 90089-1591

Contact: 213-740-1600
When: See below
Fee:

Additional Information: Support Groups: Please call for specific times.

ALZHEIMER'S SUPPORT

Alzheimer's Family Support Group for Dementia
Peninsula Main Library

Contact: 310-376-3205
When: Call
Fee: No Charge

For information: Please call Krista Emery at 310-376-3205 prior to starting the group.

ARTHRITIS SUPPORT GROUPS

Arthritis Foundation Administrative Office
Fibromyalgia
800 W Sixth Street
Suite 1250
Los Angeles, CA 90017

Contact: 323-954-5750 or
800-954-2873
When: Call for locations and information
Fee:

ASTHMA

See PULMONARY/ ASTHMA HEADING

BEREAVEMENT

The Compassionate Friends

Los Angeles Chapter
www.tcfla.org

Contact: 310-474-3407 or 323-469-4617

Additional information: Support for bereaved parents, grandparents, and siblings of children. The Los Angeles Chapter has main meeting the 1st Thursday of the month at 8 p.m. Group meets at Temple Emanuel, 8844 Burton Way, Beverly Hills.

South Bay Chapter
Palos Verdes Estates
Palos Verdes, CA
Contact 310-963-4646
www.tcfsbla.org

Additional information: Support mainly for bereaved parents, grandparents, and siblings of children. The South Bay Chapter has main meeting 1st Wednesday of the month at 7 p.m. Group meets at The Neighborhood Church, 415 Paseo del Mar, Palos Verdes Estates. Drop in support group.

The Gathering Place

5315 Torrance Blvd.
Suite B1
Torrance, CA 90503

Contact: 310-546-6407
Monday-Thursday

Additional information: A center for loss and life transition, which is a joint project between Trinity Care Hospice (part of Providence Little Company of Mary Hospital) and Beach Cities Health District. It is a non-profit program. Please call for further information regarding referrals, meetings and other inquiries. Children and Teen groups at no charge.

SUPPORT GROUPS OFFERED BY THE GATHERING PLACE

Contact: 310-546-6407

Loss of Spouse:

For those who have experienced the loss of a spouse or partner.

Adult Loss of Parent:

For those who have experienced the death of a parent.

Loss of a Child Group:

For parents and guardians who have experienced the death of a child.

Kids CAN (children's group):

For children ages 5-8 and ages 9-12 who have experienced the death of a loved one.

Kids Count:

For children who are experiencing the illness of a loved one.

TAG:

For teenagers who have experienced the death of a loved one.

This service is Free of Charge through the Beach Cities Health District. For more information, call Patty at 310-546-6407

**The Neighborhood Church
Good Grief Group**
415 Paseo Del Mar
Palos Verdes Estates, CA 90274

Information: 310-378-9353
When: Meets Fall and Spring, call for info
Fax: 310-373-5554

Additional information: Short-term support group that enables individuals to begin to process their loss. The group will focus only on loss of a loved one through death. Call for our next session date.

Survivors after Suicide
Suicide Prevention Center/SAS

Information: 800-784-2433
24-hour: 877-727-4747

Didi Hirsch Community Mental Health Center
4760 S. Sepulveda Boulevard
Culver City, CA 90230-4888

Contact: 310-390-6612 or 877-727-4747
Survival After Suicide: 310-895-2326

Additional information: Eight-week support group. Meets weekly for 1-1/2 hours. Each group is jointly led by a survivor who has completed the SAS program and a professional therapist who specializes in bereavement. Groups in South Bay, West Los Angeles, San Gabriel and San Fernando Valley. Follow-up meetings available for support following eight-weeks. People can attend any follow-up meeting as long as they feel the need. Meet various times throughout the year.

Torrance Memorial Home Health & Hospice.
23326 Hawthorne Blvd. Suite 1005
Home Health Hospice Suite 100A
Torrance, CA 90505

Information: 310-784-3751
Hospice Home Health: 310-784-3739

Additional information: Free year-long drop-in groups. Mondays 6:00 p.m. – 7:30 p.m. and Thursdays 3:00 p.m. – 4:30 p.m. Also offers individual bereavement consultations. Referrals for counseling and other bereavement services.

BEREAVEMENT REFERRALS AND OTHER INFORMATION

Coping With Loss Of A Pet / Web Sites:

Association for Pet Loss and Bereavement
www.aplb.org

Offers full information on grief counseling around the country.

Dr. Dog's Den
www.drdog.com/bereavement.htm

Information on bereavement tools.

Pet Loss Grief Support Web Site and Ceremony
www.petloss.com

Offers group meetings, poetry and tribute pages for pets that have passed away.

Rainbow Bridge

www.rainbowbridge.com

Helps bereaved pet owners find comfort through chat rooms personal tributes they write about their pets and other healing measures.

CANCER SUPPORT GROUPS

American Cancer Society

5731 W. Slauson Avenue
Suite 200
Mon-Fri 9am-5pm
Culver City, CA 90230
www.cancer.org

Contact: 310-348-0356 or
800-227-2345 24/7
24 Hours a day
When: Varies
Fee: None

Additional information: Wide range of cancer-related topics covered. Also offers one- time visitors programs, prostate and educational groups. Referrals available to other groups in other locations. Call for information.

Cancer Support Community-Redondo Beach

Pier Plaza
109 Torrance Blvd.
Redondo Beach, CA 90277

Contact: 310-376-3550
When: See below
Fee: None

Additional information: Covers a variety of cancer-related topics. Call for dates and times.

Woman to Woman

Image Enhancement Program

Torrance Memorial Hospital
West Tower
3330 Lomita Boulevard
Torrance, CA 90505

Contact: 310-517-4660
When: Call to schedule appointment
9:00am-4:15pm
Fee: Free

Additional information: Provides private, comfortable and supportive environment where women can learn techniques to cope with illness and temporary hair loss resulting from cancer treatment.

CARDIAC PATIENT SUPPORT GROUP

Take Heart Support Group

Torrance Memorial Medical Center
3330 Lomita Boulevard
Torrance, CA 90505-5073

Contact: 310-517-4737
Where: Health Conference Center
Room 4
When: 6:00 p.m. – 7:30 p.m.
1st Wednesday of the month

Additional information: Open as roundtable discussion forum for heart disease patients and partners.

CAREGIVER SUPPORT GROUPS

Advantage Program Caregiver Support Group

Torrance Memorial Medical Center
3330 Lomita Boulevard
Torrance, CA 90503

Contact: 310-519-4711
When: Every Tuesday
6:30-8:00 p.m.
Fee: First session free
Following sessions \$2 each

Additional Information: On-going support group provides information, support and companionship to individuals providing care for another. Group meets at Torrance Memorial Medical Center, West Tower, 5th Floor, Room H.

Caregiver's Support Group

The Salvation Army Sage House
138 S. Bandini Street
San Pedro, CA 90731

Contact: 310-832-6031
Fax: 310-832-6677
When: 3rd Wednesday of the month
1:30 – 3:00 p.m.

Do you provide care for a spouse, parent, or loved one? Caregiving gives joy and satisfaction, and presents challenges and struggles. Listen to others as we support each other with common issues.

Caregiver Resource Center

USC Family Care Givers Support Group
www.losangelescrc.org

Contact: 855-872-6060
When: Mon – Fri, 8:30 a.m. – 5:00 p.m.

Additional information: Free website resources with care planning, decision-making, timely articles and online access to a variety of medical and legal experts. Visit the website for more details on support groups, respite, work shops and classes.

CROHN'S AND COLITIS SUPPORT GROUP

Crohn's Disease & Ulcerative Colitis

Beach Cities Health District
514 N. Prospect Ave, Beach Cities Room
Redondo Beach, CA
www.ccsa.garyhirshhorn

Contact: 310-694-7075
When: 2nd Thursday, 7-8:30 p.m.
Fee: Free

Additional information: Please call for availability ahead of time.

DEPRESSION

Torrance Memorial Hospital
West Tower
3330 Lomita Blvd.,
Torrance, CA 90505
www.dbsatorrance.org

Contact: 415-306-2658/ Bryon
When: 2nd & 4th Saturday, 10a.m. -12p.m.

DRUG DEPENDENCY

See Alcohol & Drug Dependency - Page 2

EATING DISORDERS

Overeaters Anonymous
South Bay Intergroup

Contact: 310-802-4066
When: Call for schedule

HEARING

Hearing Loss Association of America (HLAA)
5220 Olivia Ave.
Lakewood, CA 90712
Email: Gail7Go@gmail.com

Contact: 310-540-6322, Bill Busch
When: 6:30 p.m., 2nd Thursday of the month at the Weingart Senior Center in Lakewood
Fee: Free

SUPPORT GROUPS OFFERED BY PROVIDENCE LITTLE CO. MARY

4101 Torrance Blvd.

Torrance CA 90503

Alzheimer's/Other Dementia*

Live Wires*

***Spanish-language group available**

***For Parkinson's disease patients who**

Asthma

have undergone deep brain stimulation.

Lymphedema

Liver and Pancreatic Cancer

Bereavement

Osteoporosis

Better Breathers Club

Pulmonary

Breast Cancer

Stress Reduction

Cancer

Stroke

Cardiac Rehabilitation

Survivors After Suicide

Caregivers

Traumatic Brain Injury

Congestive Heart Failure

Valley Pumpers

Depression

Women's Cancer

Diabetes

Early Memory Loss*	Contact: 310-540-7676
Grief	*For individuals with a memory loss or
Heart Disease	neurological condition.

LEUKEMIA, LYMPHOMA & MYELOMA

109 W. Torrance Blvd Suite 100
Redondo Beach, CA 90277

Contact: 310-376-3550
When: 2nd Thursday of the month
1:00 PM to 3:00 PM

LUPUS SUPPORT GROUP

Lupus Foundation of America, Inc.
www.lupus.org
Inglewood Center for Lupus Care

Contact: 202-689-5124
310-674-0080

MEDICARE

Center for Health Care Rights
HICAP
520 S. Lafayette Park Place
Suite 214
Los Angeles, CA 90057

Contact: 213-383-4519 or
800-824-0780
800-633-4224 (emergency)
When: By appt. 9a – 4p, Mon – Fri.
Fee: Free

Additional information: Torrance Memorial Medical Center, Volunteer referral for assistance with Medicare benefits and problems.

MEDITATION

Torrance Health and Conference Center
West Tower, 2nd Floor, Room E
Torrance, CA

Contact: 310-517-4711
When: Every Tuesday of each month,
4:30 PM – 5:30 PM
Fee: Free

Additional information: Call for more information. Some meditation experience is required.

MENTAL HEALTH

Beach Cities Health District
514 N. Prospect
Redondo Beach, CA 90277

Contact: Mon-Fri: 9am-5pm
310-374-3426, extension 256
Ronda Thomas
When: Call for dates and times
Fee: Call for information

Additional information: Call for more information on support groups, i.e., Caregiver Support, Diabetes self-management, Healthier Living. Healthier living is a support class for anyone living with or caring for a chronically ill person.

Didi Hirsh Mental Health Services
4760 S. Sepulveda Blvd.
Culver City, CA 90230

Contact: 888-807-7250
When: Mon-Fri 8:30am-5:00pm

Additional information: When applicable accepts medical/medicagap- several locations available.

MILITARY RETIREES

United States Air Force
Los Angeles Air Force Base
61 ABG/CDR
483 N Aviation Blvd. Bldg 272
El Segundo, CA 90245-2808
www.laafbforcesupport.com
email: Rao.laafb@gmail.com

Contact: Mon-Fri: 9am-2pm
Retiree Duty Officer
310-653-5144
(Survivor Benefits)
Base office: 310-653-1110
When: Call for information
Casualty Assistance 310-653-5431

Additional information: Information available daily to military retirees and their dependents through literature and personnel.

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society
Southern California & Nevada Chapter
5150 W. Goldleaf Circle Suite 400
Los Angeles, CA 90056

Contact: Mon-Fri: 9am-5pm
310-479-4456
When: Call for information
Fee: Free

Additional information: Call to find a support group in your area 800-344-4867

HARBOR/SOUTHBAY MULTIPLE SCLEROSIS

The Gardena Library
1731 Gardena Blvd.
Gardena, CA 90247

Contact: 310-769-0694
When: 3rd Tuesday of the month
4:15 pm-6:30pm

MUSCULAR DYSTROPHY

**Los Angeles County District
Office of Muscular Dystrophy**
3415 S. Sepulveda Blvd.
Los Angeles, CA 90034
Additional information: All interested parties may attend.

Contact: 310-390-6802
When:
Fee:

PULMONARY/ASTHMA

**Beyond Rehabilitation
Pulmonary Rehabilitation Services**
Providence Little Company of Mary Hospital
Torrance, CA 90503

Contact: 310-303-7079
When: Tuesday, Wednesday and Friday
8 a.m. – 4:30 p.m.
Fee: Call for information

Additional Information: Call for requirements and special luncheon events.

SINGLES

Journey of Faith Church
1243 Artesia Blvd.
Manhattan Beach, CA 90266
www.journeyoffaith.com

Contact: 310-372-4641
When: Sunday 11:00 a.m.
Fee: Free

Additional information: Social interaction, trips and much more.

STROKE

Adaptive Mobility
Post-Stroke Support Group
Anderson Park Senior Center
3007 Vail Avenue
Redondo Beach, CA 90278

Contact: 310-318-0650
Mondays 1-3pm
When: 1st & 3rd Mondays of the
month. Meet at noon.
Fee: \$10.00 material fee every 10 weeks

Additional information: Offered through City of Redondo Beach Senior and Family Services in partnership with Beach Cities Health District.

Torrance Memorial Health and Conference Center
Medical Center Drive
Room 4
Torrance, CA

Contact: 310-325-9110 ext. 1008
When: 1st Wednesday of each month,
10:00 AM – 11:00 AM
Fee: Free

Additional Information: Lectures and different topics each month. Call for informational flyer.

**12 Step Support Groups Offered by Torrance Memorial Center/Thelma
McMillen Center**

Contact: 310-784-4879

Young Peoples Al-Anon

Monday 8:30 pm
Thelma McMillen Center Rm. 5&7
3333 Skypark Dr. Suite 200
Torrance, CA 90505

Alcoholics Anonymous

Thursday 7:00 pm
Thelma McMillen Center, Rm 5&7
3333 Skypark Dr. Suite 200
Torrance, CA 90505

ALANON

Tuesday, 8:00-9:30 pm
Thelma McMillen Center Rm. 5&7
3333 Skypark Dr. Suite 200
Torrance, CA 90505

Marijuana Anonymous

Wednesday 7:30 pm
Torrance "High Hopes"
Thelma McMillen Center, Rm 5
3333 Skypark Dr. Suite 200
Torrance, CA 90505

Pills Anonymous

Wednesday 7:30 pm
Thelma McMillen Center Rm 5
3333 Skypark Dr. Suite 200
Torrance, CA 90505

VISION

Center for the Partially Sighted

6101 W. Centinela Ave, Suite 150
Culver City, CA 90230

310-988-1970

M-F, 9-5

A comprehensive low-vision rehabilitation agency for all ages. Services include: low vision exams, training in the use of low vision aids, support groups, independent living skills training, and psychological and rehabilitation services. Specialized programs include macular degeneration, diabetes, and vision loss. Accepts Medicare and Medi-Cal. Satellite program in the South Bay at 22340 Hawthorne Blvd., Torrance 90503. Sliding scale based on ability to pay at Culver City only. Some services for totally blind individuals.

Website: www.low-vision.org

OTHER RESOURCES

Self-Help and Recovery Exchange (SHARE)
6666 Green Valley Circle
Culver City, CA 90230

Contact: 310-305-8878

Additional Information: Referral Service for Self-Help Groups, Collaborative Service for Housing, Respite Housing in Monterey Park.

Behavioral Health Services
15519 Crenshaw Blvd.
Gardena, CA 90249

Contact: 310-679-9126

Additional information: referral service for substance abuse.