

## 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  
**Room**  
**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.  
**Comments** Survivor and Caregiver Support and Education.

**City** Downey  
**Name / Type** **Stroke Recovery Group / Survivors and Caregivers**  
**Location** Rancho Los Amigos National Rehabilitation Center  
**Address** 7601 E. Imperial Highway, Downey, CA 90242  
**Room** JPI Building, 2 South Conference Room  
**Leader** Reams Freedman  
**Phone** 310-575-1699  
**Day/Time** Mondays, 9 AM to 12 PM - Please call first  
**Comments** Recovery support group and wellness activities. BILINGUAL/SPANISH

**Region** Los Angeles  
**City**  
**Name / Type** **STROKE SUPPORT GROUP**  
**Location** Baldwin Hills Recreation Center  
**Address** 5401 Highlight Place Los Angeles, CA 90016  
**Room**  
**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  
**Room**  
**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 Association  
of Southern California  
(310) 575-1699

## 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** Ventura  
**City** Camarillo  
**Name / Type** **CAMARILLO SUPPORT GROUP**  
**Location** Camarillo Health Care  
**Address** District 3639 E. Las Posas Road, Suite 117 Camarillo, CA 93010  
**Room** Suite 117  
**Leader** Marcia Clemz  
**Phone** (805) 482-6953  
**Day/Time** 3rd Wednesday, 2:00-3:30 p.m.  
**Comments** Speakers and group time. Caregivers welcome.

**Region** Venura  
**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  
**Room**  
**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 / harveysacket@huntingtonhospital.com  
**Day/Time** 2nd Tuesday of each month , 11:00 a.m. - 12:00 p.m. Friday, 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  
**Room**  
**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  
**Room**  
**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  
Stroke Association  
of Southern California  
(310) 575-1699

## Stroke Support in Southern California

<b>Name / Type</b>	<b>POMONA VALLEY AFTER STROKE CENTER</b>
<b>Location</b>	Pomona Senior Center at Palomares Park
<b>Address</b>	499 E. Arrow Highway Pomona, CA 91767
<b>Room</b>	Pomona Senior Center
<b>Leader</b>	Darlene Duenas, Director - or Christine
<b>Phone</b>	(626) 335-8372 (home) (909) 981-3768
<b>Day/Time</b>	Mondays, 9:00 a.m. - 3:00 p.m.
<b>Comments</b>	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  
**Room**  
**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  
**Room**  
**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

<b>Region</b>	SOUTH BAY
<b>City</b>	Long Beach
<b>Name / Type</b>	<b>LONG BEACH STROKE ASSOCIATION AFFILIATE / Blended</b>
<b>Location</b>	California Heights Methodist Church
<b>Address</b>	3759 Orange Avenue Long Beach, CA 90807
<b>Room</b>	
<b>Leader</b>	Norma Morris
<b>Phone</b>	(562) 537-0556 / lbcsasc@cox.net
<b>Day/Time</b>	Tuesdays, 10:00 - 11:30 a.m.
<b>Comments</b>	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.
<b>Region</b>	SOUTH BAY
<b>City</b>	Long Beach
<b>Name / Type</b>	<b>55 AND UNDER SUPPORT GROUP / Blended</b>
<b>Location</b>	California Heights Methodist Church
<b>Address</b>	3759 Orange Avenue Long Beach, CA 90807
<b>Room</b>	
<b>Leader</b>	Norma Morris
<b>Phone</b>	(562) 537-0557 / lbcsasc@cox.net
<b>Day/Time</b>	Tuesdays, 10:00 - 11:30 a.m.
<b>Comments</b>	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.
<b>Region</b>	SOUTH BAY
<b>City</b>	Long Beach
<b>Name / Type</b>	<b>VETERANS AND THEIR CAREGIVERS ONLY / Survivors</b>
<b>Location</b>	VA Medical Center
<b>Address</b>	5901 E. 7th Street Building 1 Room S102 Long Beach, CA 90822
<b>Room</b>	Building 1 Room S102
<b>Leader</b>	Dr. Steven Deutsch
<b>Phone</b>	(562) 826-8000 x3283 / Steve.deutsch2@med.va.gov
<b>Day/Time</b>	Wednesdays, 10:00 - 11:00 a.m.
<b>Comments</b>	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  
**Room**  
**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  
**Room**  
**Leader** Mem Howe  
**Phone** (310) 318-0650  
**Day/Time** Meets Every Monday 1st & 3rd Mondays, 12:00 - 3:00 p.m. SW and PT  
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 San Pedro Hospital  
**Address** 3 Central Acute Rehab. Department dining room. 1300 W. Seventh Street San Pedro, CA 90732-3594  
**Room** 3 Central Acute Rehab. Department Dining Room  
**Leader** Elaine Montano  
**Phone** (310) 832-3311, Ext. 6276  
**Day/Time** 1st Wednesday, 6:00 - 7:00 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

<b>Region</b>	SOUTH BAY
<b>City</b>	Torrance
<b>Name / Type</b>	<b>INDEPENDENT LIVING SKILLS STROKE CLASS – ADULTS WITH DISABILITY PROGRAM / Blended</b>
<b>Location</b>	J.H. Hull Adult Center
<b>Address</b>	2090 W. 231st. Street Torrance, CA 90501
<b>Room</b>	
<b>Leader</b>	Judith Schechter
<b>Phone</b>	(310) 937-2263
<b>Day/Time</b>	Wednesdays 12:30- 3:30
<b>Comments</b>	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  
**Room**  
**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  
**Room**  
**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  
**Room**  
**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  
**Room**  
**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  
**Room**  
**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**  
**Location**  
**Address** 2800 E. Alejo Road Palm Springs, CA 92262  
**Room**  
**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  
**City**  
**Name / Type** **STROKE RECOVERY CENTER / Peer Support Group**  
**Location** Palm Springs  
**Address** 2800 E. Alejo Road Palm Springs, CA 92262  
**Room**  
**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  
**Room**  
**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  
**Room**  
**Leader** Chuck Dersch  
**Phone** Phone: (951) 351-8800; Fax: (951) 688-9790  
**Day/Time** Fridays, 10 a.m. – 11:30 -- Stroke Club  
Stroke Association  
of Southern California  
(310) 575-1699

# Stroke Support in Southern California

## Comments

**Region** INLAND EMPIRE  
**City** Sun City  
**Name / Type** **SUN CITY STROKE CLUB**  
**Location** Menifee Valley Hospital  
**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  
**Room**  
**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  
**Room**  
**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  
**Room**  
**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  
**Room**  
**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  
**Room**  
**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.