

## **Davis and Nearby Support Groups**

**Created: Sept 2018**

Note: This list may be outdated.

If you need information about support groups, please dial 2-1-1, 1-844-546-1464, or 1-916-498-1000 to reach 2-1-1 Yolo, the information hub for Yolo County.

### **AGING**

- Retiree Assistance at [Woodland Senior Center](#) (2<sup>nd</sup> Tues of odd months at 12:15pm)
- Transitions (aging-related support group) at [Woodland Senior Center](#) (2<sup>nd</sup> and 4<sup>th</sup> Tuesdays at 1pm)
- Transitions (aging related support group in Spanish) at [Woodland Senior Center](#) (1<sup>st</sup> and 3<sup>rd</sup> Tuesdays at 1pm)

### **ALCOHOL AND DRUG**

- Adult Children of Alcoholics meets at [Davis Community Church](#) on Sundays at 5pm
- Al-Anon
  - Groups are offered at various locations, [see here](#) for more information
- Alcoholics Anonymous
  - Groups are offered at various locations, [see here](#) for more information

### **ALZHEIMER'S/DEMENTIA**

- Dementia Caregivers Support Group at Davis Senior Center (see page 5 of the [newsletter](#).)

### **CAREGIVERS**

- Caregivers Support Group
  - At [Davis Community Church](#) offered to public on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays at 10am
- Caring for parents
  - At [Davis Community Church](#) offered to public on the 4<sup>th</sup> Tuesday of the month at 7pm
- Caregiver Support group at [Woodland Dignity Health](#) (2<sup>nd</sup> Tues of month, 6:30-8pm)
- Caregiver Support at [Yolo Adult Day Health](#) (2<sup>nd</sup> Tues of month, 6:30-8pm)
- Women who are caregivers to their spouses support group at [Yolo Adult Day Health](#) (location varies, contact facilitator, 2<sup>nd</sup> Sat of the month 10:30am-12:30pm)

### **GRIEF and LOSS**

- Drop in Grief Support at [Yolo Hospice](#) (every Thurs at Yolo Hospice, 6-7:30pm)
- Young Adult Grief Support at [Yolo Hospice](#) (second and fourth Wednesday, 6-7:30pm)
- Anticipatory Loss at [Yolo Hospice](#) (second and fourth Mon of the month, 7-8:30pm)
- Pet Loss at [Yolo Hospice](#) (first Monday of the month, 6:30-7:30)
- Friends and Family of Suicide Loss at Yolo Hospice, select Wednesdays, [see here](#)

### **LGBTQ+**

- [Ace Club](#)
  - asexual community meets Fridays 4-5 at the UC Davis LGBTQIA Center. For details contact [mrrichtman@ucdavis.edu](mailto:mrrichtman@ucdavis.edu)
- [APIQ](#)
  - Asian/Pacific Islander Queers, holds meetings, socials, workshops, etc. For more information please [see here](#).
- [California Adventurers](#)
  - outdoor social group for gay men. For more information [see here](#).

- [LGBTQ+ Youth Group](#)
  - 2<sup>nd</sup> Wed and 4<sup>th</sup> Saturday at the UC Davis LGBTQ+ Resource Center. For more information email [jcggutierrez@ucdavis.edu](mailto:jcggutierrez@ucdavis.edu)
- [Gender group](#)

- social/support group for anyone who is trans/non-cisgender/or questioning. For more information email [ucd.gender@gmail.com](mailto:ucd.gender@gmail.com)
- [La Familia](#)
  - support group for Chican@s/Latin@s who identify as LGBTQIA. For more information email [lafamilia@ucdavis.edu](mailto:lafamilia@ucdavis.edu)
- Yolo Rainbow Families
  - Meets at [Davis Community Church](#), 3<sup>rd</sup> Friday of the month, 6-8pm
- Additional LGBTQ+ Groups can be found [here](#). Although the UCD LGBTQIA+ Resource Center's groups are led by UC Davis students, they do open their resources to all Davis community members, both inside and outside of the university. They cannot necessarily decide whether the student-led organizations allow non-students in their spaces, but the organizations are largely open to receiving all community members so long as they provide the same respect that is expected of all members.

## **MENTAL HEALTH**

- Caring and Sharing Support Group
  - Held at the Davis Quaker meeting house on 1<sup>st</sup> Sun in even numbered months
  - [see here](#) for more information
- [Codependents Anonymous](#)
  - Meets at Davis Lutheran Church every Sat from 9:30-11am
- Prayers and healing support group
  - Offered to public at [Davis Community Church](#) on the 4<sup>th</sup> Sunday of the month after services)
- NAMI Connection
  - Weekly recovery support group for people with mental illness
  - Meets Thursdays 12-1:30pm, [see here](#) for more information
- NAMI Yolo Family Support Group
  - Support group for relatives of those with mental illness
  - Free in Woodland on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays from 1:30-3PM
  - [see here](#) for more information

## **PARENTS**

- Breast feeding support
  - Offered monthly starting in September 2018
  - [see here](#) for more information
- Mothers of Preschoolers International
  - Meets at [University Covenant](#), every other Monday from 9:30-11:30AM
- New Mothers support group at [Woodland Dignity Health](#) (free, 2<sup>nd</sup> Mon of month, 2-4pm)

## **MEDICAL RELATED SUPPORT GROUPS**

- Arthritis Support Center at Woodland Senior Center (1<sup>st</sup> Thurs at 1pm)
  - Scroll down [here](#) to find the current newsletter for more information
- Cancer Support Group at [Woodland Dignity Health](#) (free, 2nd Weds of the month, 2-3:30pm)
- Outa Sight vision support at Woodland Senior Center (1<sup>st</sup> and 3<sup>rd</sup> Tuesdays at 12:30pm)
  - Scroll down [here](#) to find the current newsletter for more information
- Parkinson's Support Group at Davis Senior Center
  - [Newsletters](#) show current dates and meeting times within
- Parkinson's Support at Woodland Senior Center (4<sup>th</sup> Tues at 1pm)
  - Scroll down [here](#) to find the current newsletter for more information

- Peripheral Neuropathy Support Group at Davis Senior Center
  - [Newsletters](#) show current dates and meeting times
- Prostate Cancer support at Woodland Senior Center (2<sup>nd</sup> Mon of odd months at 7pm)
  - Scroll down [here](#) to find the current newsletter for more information
- Stroke Support at Woodland Senior Center (3<sup>rd</sup> Mondays at 1pm with some variation)
  - Scroll down [here](#) to find the current newsletter for more information
- Stroke Survivors at [Woodland Dignity Health](#) (free, 3<sup>rd</sup> mon of month, 1-2pm)

### **MEN'S GROUPS**

- Men's Social Group at Davis Senior Center
  - [Newsletters](#) show current dates and meeting times within.
- [ManKind Project](#)
  - Men's Group that meets at Unitarian Universalist Church, Mondays 7pm-10pm
- See LGBTQ+ groups above for an additional men's group.

### **OTHER**

- Food Addicts in Recovery Anonymous
  - At United Methodist Church, Wednesdays 7-9pm, [see here](#)
- Survivors of domestic violence or sexual assault support group
  - Run by Empower Yolo in Woodland, Wednesdays 6-7:20pm
  - [see here](#) for more information
- Survivors of Incest Anonymous
  - Meets at Davis Lutheran Church, Sundays 3-4:30pm
  - [see here](#) for more information