



# Support Groups

## Grief Support Group

Talking to others can sometimes help ease the pain of loss. RCMS has a volunteer led group that meets regularly:

**Fridays 11:00am—12:30 pm**

**Bill Platt Training Center at Coast Life Support District**

**38901 Ocean Drive (across the street from the RCMS Gualala Clinic)**

**Gualala, CA 95445**

**For more information call 408.691.8218 or 707.888.3679**

Grief support is also available to anyone grieving the loss of a loved one. Both one-to-one counseling and group support are available to those who have suffered a recent loss, as well as to people who have experienced unresolved loss in the past. Trained caring volunteers offer support to the individual or family.



There is no charge  
to participate in  
these services.

## Caregiver Support Group

If you are a caregiver, caring for a family member, partner or close friend with a debilitating or terminal illness, RCMS has a volunteer led group that meets regularly:

**Every 3rd Friday of the Month 2:00pm—3:30 pm**

**Bill Platt Training Center at Coast Life Support District**

**38901 Ocean Drive (across the street from the RCMS Gualala Clinic)**

**Gualala, CA 95445**

**For more information call 408.691.8218 or 707.888.3679**

Participants work together toward mutual problem-solving and coping with the stress of caregiving.

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All support group meetings are led by trained RCMS Volunteers and located in the Bill Platt Training Center (across the street from RCMS Gualala) at:

**Coast Life Support District, 38901 Ocean Drive in Gualala**

For more information, please call **408-691-8218 or 707.888.3679.**

