

SELF-HELP GROUPS

ORANGE COUNTY

Anaheim

1st & 3rd Tuesday, 12:30 - 2:30pm
Rosa Ferreras 714-758-0829

Anaheim: En Español

Familiares y amigos bienvenidos.
El segundo y cuarto martes de cada mes

Anaheim Adventist Church
900 S. Sunkist St, 6 - 7:30pm
Rosa Ferreras 714-758-0829
Susana Pérez 714-235-7570

Brea: Family & Friends Welcome

2nd Monday & 4th Friday,
10am - 12pm
Kathy Kelby 714-525-0686
Rob Lammers 714-990-2933

Brea

1st Friday, 10am - 12pm
Denise Kish 909-519-4410
Jim Langdon 714-392-2052

Carona Del Mar: Minimal Symptoms/Newly Diagnosed

3rd Wednesday, 1:30 - 3:30pm
Sherri Brash 714-846-2064

Costa Mesa: Man to Man

1st & 3rd Wednesday, 1:30 - 3pm
Mike Milne 949-215-8502

Dana Point:

Minimal Symptoms / Newly Diagnosed

4th Thursday, 10am - 12pm
Jerry Dowd 949-584-4619
Susan Watson 949-493-1299

Huntington Beach:

Minimal Symptoms / Newly Diagnosed

2nd Wednesday, 10am - 12pm
Jeanne Archibald 714-842-7198
Priscilla Wolz 714-846-6526

Huntington Beach:

Working with MS

1st Tuesday, 6:30 - 8:30pm
Laurie Cable 714-969-8298
Karen Patterson 714-377-4006

Irvine: Mature Group

2nd & 4th Wednesday, 10am - 12pm
Betty Brusco 949-481-0143
Jack Santos 949-786-9593

Irvine: Girl Talk

3rd Monday, 11am - 1:30pm
Tabitha Evans 714-669-5618
Maggie Finn 949-748-7591

Laguna Hills

1st Tuesday, 10am - 12pm
Francine Grasso
949-278-6935
Karen Harlas 949-498-9583

Lake Forest: MS with Christ

3rd Monday, 6:30 - 8:30pm
Bill Bisch 949-218-5020
Cathy Varela 949-496-3810

Midway City

1st & 3rd Tuesdays, 10am - 12pm
Pat Howard 714-968-0277
Linda Logan 714-374-0430

Mission Viejo:

Minimal Symptoms / Newly Diagnosed

2nd Wednesday, 6:30 - 8pm
Jerry Dowd 949-584-4619
Susan Watson 949-493-1299

Newport Beach

3rd Sunday, 2 - 4pm
Harriet Pavidis 714-839-5529
Norma Mucia 714-641-9171

SAN DIEGO COUNTY

Cardiff by the Sea:

Women's Group

Future meetings put on hold
For more information, please contact Jessica Goodrich
714-689-9602

Chula Vista: En Español

Llame para más información.
Fernando Palomino
619-691-7964

Chula Vista

St. Marks Lutheran Church
850 Hilltop Dr.
3rd Wednesday, 11am - 1pm
Susan Lipp 619-248-0669
Bonnie Kuhn 619-749-8806

Escondido

Joslyn Senior Center, Room 5
210 Park Avenue
3rd Wednesday, 1 - 3pm
Beth Bradsher 760-747-9096
Michele Easterling
760-805-6390

Escondido: Christian Group

3rd Friday, 1-3 pm
Calvary Chapel of Escondido
1675 Seven Oakes Rd, Room 4
Dawn Vallely 760-390-1777

Oceanside

Oceanside Library
3861 Mission Avenue
2nd Wednesday, 12 - 2pm
Juanita Hamilton 760-754-1911

Poway

Weingart Center
13094 Civic Centre Drive
1st Tuesday, 6:30pm
Peggy Green 858-748-4009

Ramona

2nd Tuesday, 11am - 12pm
Van Reeder 760-789-9129

San Diego (Clairemont/ La Jolla)

Denny's Restaurant
4280 Clairemont Mesa Blvd.
1st Thursday, 10am - 12pm
Denise Kish 909-519-4410

San Diego: Mens Group

Kaiser Education Center San Diego
10990 San Diego
Mission Road
1st Tuesday, 6:30pm
Bill Homer 858-571-1867

San Diego (Mid-City)
Kaiser Education Center
San Diego
10990 San Diego Mission Rd
4th Monday, 2 - 4pm
Stephanie Russell
619-224-6156

Spring Valley
New Seasons Church
2300 Bancroft Drive
2nd Saturday, 12:30 - 2pm
Kris Hodge 619-933-2601
Debbie Centeno
619-460-4123

PROFESSIONALLY-LED SUPPORT GROUPS

**Support Group for People
Experiencing Progressing
MS Symptoms**
2nd Tuesday of Every Month
10:00am - 12:00pm
Facilitator: Debbie Hornstein, MSW
Neighborhood Community Center
1845 Park Avenue
Costa Mesa, CA 92627
714-689-9602

Women's Caregiver Group
2nd Wednesday of Every Month
6:30 - 8:00pm
Facilitator: Deborah LeFevre, MFT
National MS Society Office
3000-C Airway Avenue, Suite 125
Costa Mesa, CA 92626
(714) 689-9602

Caregiver Support Group
3rd Thursday of Every Month
6:30-8:00pm
Facilitator: Seraphina Galante,
MSW, Family Consultant
Southern Caregiver Resource Center
3675 Ruffin Road, Suite 230
San Diego, CA 92123
(858) 268-4432, ext. 112

AQUATICS

Chula Vista: Outdoor
Loma Verde Pool
1420 Loma Lane
Tuesdays & Thursdays
12 - 1pm

El Cajon: Outdoor/Indoor
St. Madeline Sophie's Center
2119 East Madison Avenue
Mondays, Wednesdays & Fridays
11:30am - 12:30pm

Irvine: Indoor
Arthritis Foundation
Approved Class
Waterworks Aquatics
25 Waterworks Way
Tuesdays & Thursdays
10:30 - 11:30am
No lift available at this time

Vista: Indoor
Bally's Fitness Center
1932 Hacienda Drive
Tuesdays & Thursdays
11:45am - 12:45pm

BALANCE & STRENGTH TRAINING

La Jolla
Ability Rehab Specialists
737 Pearl St, #108
1st, 2nd, 3rd Tuesdays, 6 - 6:45pm

Costa Mesa
Healthy Balance
1599 Superior Avenue, Suite B
Thursdays, 10:45 - 11:45am

YOGA

Costa Mesa
Yoga Works
1835 Newport Blvd, #A208
Mondays, 10:45 - 11:45am

Dana Point
Dana Point Community Center
34052 Del Obispo Road
Wednesdays, 8:00 - 9:00am

SUPPORT

Fullerton
Friends in Christ Lutheran Church
2311 E. Chapman Avenue
Wednesdays, 10:30 - 11:30am

Huntington Beach
Yoga Works
301 Main Street
Wednesdays, 1 - 2pm

Santa Ana
Goodwill Fitness Center
1601 E. St. Andrew Place
Fridays, 9:30-10:30am

San Diego
Addie's Personal Training Studio
4440 Ingraham St.
Sundays, 10-11am
\$5 per session

IN YOUR NEIGHBORHOOD

Fullerton: Indoor Aquatics
North Orange County YMCA
2000 Youth Way
Mondays, Wednesdays & Fridays
9 - 10am
\$6 per session

La Jolla: Yoga
Scripps Memorial Hospital
9888 Genesee Avenue
Thursdays, 9 - 10am
\$10 monthly fee
Cardiac Rehab 858-626-6493

San Diego: Outdoor Aquatics
Peninsula Family YMCA
4390 Valeta Street
Monday-Friday, 11am - 12pm
\$5 per session

San Marcos: Lebed Method
Meadow Lark Community Church
1918 Redwing St.
Tuesdays, 10:00-11:00am
Diana Dean-Naú 760-809-9176
\$5 per class