

## **South Bay Support Groups**

### **ALS Support Group for Patients & Caregivers**

Hosted by Kaiser Permanente South Bay  
3rd Tuesday of each month, 2-3:30pm  
Kaiser Permanente South Bay Conference Center, Room B1/B2  
25825 S. Vermont Avenue, Harbor City, CA 90710  
Contact: Julie Ziegler, LCSW, 424-328-2179

### **Bereavement Support Groups and Services**

Offered through Torrance Memorial Hospice, view [Bereavement support groups](#)  
Cancer Survivors in Transition  
Meeting: Every Monday  
Time: 4:30PM - 5:45PM  
Location: Hoffman Health Conference Center

### **Bereavement & Grief Support at The Gathering Place**

Sponsored by Little Company of Mary  
5315 Torrance Blvd. Suite B-1  
Torrance, CA 90503  
Phone: (310) 546-6407

### **Cancer Support Groups in the Community**

Cancer Support Community Redondo Beach  
Formerly known as The Wellness Community of the South Bay, the [Cancer Support Community](#) is an international non-profit cancer support organization with a center in Redondo Beach. The Cancer Support Community offers a host of free programs including support groups, classes and wellness workshops to aid cancer patients and their loved ones. Spanish-speaking support group also available.  
For more information, call The Cancer Support Community at 310-376-3550.  
Regresar al Bienestar (Return to Wellness)  
A support group for Spanish-speaking breast cancer survivors and their families. Sponsored by the [Cancer Support Community](#).

### **Caregiver Support Group**

An ongoing support group to provide information, nurturing, and companionship to those providing care for a family member or friend. Caregivers are welcome to come alone or with someone they care about. First session is free, each session thereafter is \$1.00 per class, no reservation needed.  
Meeting: Every Tuesday  
Time: 6:30PM - 8:00PM  
Location: Hoffman Health Conference Center

### **Congestive Heart Failure Support**

Sponsored by Little Company of Mary  
Hosted by Muriel Schonbachler, RN, CHF Navigator

Questions: (310) 303-6480  
Time: 5:00PM - 6:30PM  
Low sodium meal will be served.

**Diabetes Support Group – Torrance**

Sponsored by Little Company of Mary  
Meets the second and fourth Wednesday of each month  
3:30PM - 4:30PM  
Meets the third Wednesday of each month  
6:00PM - 7:00PM  
Please call 1.310.303.5580 for additional information.

**Insulin Pump Support Group**

Pump Connections  
Held at Little Company of Mary Hospital  
Del E. Webb Center for Health Education  
3rd Tuesday of each month from 6:30-9pm.  
For information: (310) 543-5946

**JOURNEYS Cancer Support Group for women surviving ALL TYPES OF CANCER**

Second and fourth Tuesday of each month  
1:00 - 3:00 p.m.  
Women's Imaging Center  
20929 Hawthorne Blvd.  
Torrance, CA 90503  
(310) 303-7087

**Lung Cancer Support Group**

For more information, please call 310-517-1072.  
Meeting: First and Third Wednesday  
Time: 6:00pm - 7:30pm  
Location: Torrance Memorial Medical Center, West Tower, Room C (2nd floor)

**Newly Diagnosed Breast Cancer Support Group**

A 4-week session breast cancer support group, begins the first Monday of the month.  
Meeting: Every Monday  
Time: 4:30PM - 5:45PM  
Location: Hoffman Health Conference Center

**Osteoporosis Support Group**

Please call 1.310.329.9313 for dates and times or additional information.  
Providence Little Company of Mary Medical Center  
4101 Torrance Boulevard  
Torrance, CA 90503

### **PEP Pioneers**

Sponsored by Little Company of Mary  
PLCMMC Torrance  
20929 Hawthorne Blvd.,  
(Albertson's Parking lot)  
(310) 303-7079

PEP Pioneers offers monthly guest speakers on topics of interest to people with respiratory difficulties. Free lecture and club meeting.

<http://www.peppioneers.com/pep.html>

### **Survivors after Suicide**

Please call 1.310.895.2326 for dates and times or additional information  
Providence Little Company of Mary Medical Center  
4101 Torrance Boulevard  
Torrance, CA 90503

### **Women's Cancer Support Group**

A gathering of women that offers an opportunity to share stories, gather information and be surrounded by others who have embarked on a similar journey of healing. The first meeting of each month includes a lecture on a cancer-related topic. No lecture in December.

Meeting: Every Tuesday

Time: 10:00 AM to 11:30 AM

Location: Hoffman Health Conference Center