



Southern California Spinal Cord Injury Support Groups

Triumph Foundation Support Groups:

Ballard Rehab SCI Life Series Group

1760 West 16th St. San Bernardino, CA. 92411

661-803-3700

2nd Wednesday of every month is a community outing, contact Triumph for location.

4th Wednesday of every month at Ballard 3:30PM-5:00PM

Cottage Rehab SCI Life Series Group

2415 De la Vina Santa Barbara, CA 93105

661-803-3700 / 805-687-7444

3rd Thursday of every month at 5:30PM

New Start SCI Life Series Group for high level impairment

San Fernando Valley- location varies

Last Tuesday of every month at 1:00PM

Oxnard SCI Life Series Group

Toppers Pizza Place – location will vary contact Triumph.

111 East Gonzales Road Oxnard, CA 93036

1st Tuesday of every month at 5:00 PM

Palmdale/Lancaster SCI Life Series Group

Contact Walter Escamilla for details 661-350-1982

3rd Wednesday of every month at 12:00PM

Scripps Memorial Hospital SCI Life Series Group

354 Santa Fe Dr., Encinitas, CA 92024

760-753-6501

3rd Tuesday of every month from 4:30-6:00PM

St. Jude SCI Life Series Group

Center for Rehab and Wellness

2767 E. Imperial Highway Brea, CA 92821

661-803-3700 / 949-370-5049

2nd Tuesday of every month at 3:00PM

Women's SCI Life Series Group

9631 Reseda Blvd, Northridge, CA 91324 (C.O.R.E)

Contact Michele Altamirano for details 818-335-1279

3rd Wednesday of every month 7-8:30PM

Triumph Wives & Girlfriends of Men with Spinal Cord Injuries

Contact Kirsten for schedule Kirsten@Triumph-Foundation.org

Northridge Hospital Spinal Cord Injury Support Group

Meets on 5th floor of the IFL tower

18300 Roscoe Blvd. Northridge, CA 91328

Meets every Thursday from 3:00-4:15 PM



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Casa Colina Spinal Cord Injury Support Group

255 East Bonita Ave. Pomona, CA 91767

Meets every Friday at 10:30 AM

Long Beach Memorial Hospital

MemorialCare Rehabilitation Institute dining room, Memorial West

2801 Atlantic Avenue Long Beach, CA 90806

562-933-9034

2nd Monday of every month 5:00-6:30 PM

Pushrim SCI Group

Precision Rehabilitation

3294 East Spring Street Long Beach, CA 90806

3rd Wednesday of every month at 3:00 PM

Pushrim – Bakersfield SCI Group

HeadSouth Bakersfield Rehabilitation Hospital

5001 Commerce Dr. Bakersfield, CA 93309

Meets the last Friday of the month 4:00-5:00 PM

Rancho Los Amigos Rehabilitation- Spinal Cord Injury Support Group

RANCHO Wellness Center

7601 East Imperial Hwy Downey, CA 90242

562-401-6847

Meets every Tuesday at 12:00-1:00 PM

Rancho Los Amigos Rehabilitation

RANCHO Wellness Center

7601 East Imperial Hwy Downey, CA 90242

562-401-6847

Women's SCI Support Group *1st Friday of every month 12:00-1:30 PM*

Spanish Speaking SCI Support Group *3rd Wednesday of every month 12:00-1:30 PM*

Caregiver Support Group *1st & 3rd Fridays of every month 11:00 AM-12:00 PM*

Long Beach VA Hospital

SCI Veteran Social Hour

VA Long Beach Healthcare System

Sarah S. Brindle, Ph.D. 562-826-8000, ext. 3837

Last Monday of every month 11:00AM-1:00PM

PossAbilities - Head Injury & Trauma Spinal Support Group (HITSS)

Loma Linda University Outpatient Rehabilitation Center, Conference #129A

11406 Loma Linda Drive Loma Linda, CA 92354

800-986-HITSS / 909-558-4000 ext 42401

4th Monday of every month 6:00-7:30 PM

Sharp Rehabilitation- Men's Spinal Cord Injury Group



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Sharp Memorial Rehabilitation Center, Community Re-Entry Classroom
2999 Health Center Dr. San Diego, CA 92123
858-939-3156
3rd Monday of every month 4:00-5:30 PM

Sharp Rehabilitation- Women on Wheels Support Group
Sharp Memorial Rehabilitation Center, Conference Room 4 (Room 21)
2999 Health Center Dr. San Diego, CA 92123
858-939-3153
1st Tuesday of every month 12:30-2:00 PM

If you are looking to find a support group near you, check out United Spinal Association. Most of their Chapters located across the United States have support groups
<http://www.spinalcord.org/chapters/directory>