

# Lifelines Community Resource List for Laguna Woods

## Caregiver Resources

- 24 Hour Home Care, 949.607.8115
- Advocates for Senior Choices, Shiffra "Shiffy" Crane, Social Worker, Elder Care Manager, 949.632.7967, [scrane@elder-care-manager.com](mailto:scrane@elder-care-manager.com)
- All Ways Caring HomeCare, 714.669.1148 or 866.737.2273, [AllWaysCaring.com](http://AllWaysCaring.com)
- Amada Senior Care, [Amadaorangecounty.com](http://Amadaorangecounty.com), 949-528-3500
- Attentive Home Care, 800-731-0071, 714-516-9200 OC office, [AttentiveCare.com](http://AttentiveCare.com)
- Care-Plus, 949.716.2273
- Caregiving Resource Center OC, 714.446.5030, [CareGiverOC.org](http://CareGiverOC.org)
- Caring Companions at Home, 949.571.0750, [CaringCompanionsAtHome.com](http://CaringCompanionsAtHome.com)
- Homecare Assistance, 949.357.2194 (Trains caregivers to honor Kashrut and Shabbat)
- Robin Smith, Certified, Licensed in Diabetes Care, 949.285.6075 (familiar with Kosher cooking)
- Salus Homecare, 888.725.8742

## Counseling Centers & Therapists

- BBK Psychotherapeutic Services, 23461 South Pointe Drive Suite 175, Laguna Hills, 92653, 714.543.0483, [BBKPS.com](http://BBKPS.com) (accepts insurance including Medi-Cal)
- Family Resource Center, 22481 Aspan St., Lake Forest, 92630, 949.364.0500 (sliding payment scale)
- Sheryl Woodhouse, LMFT, 23121 Verdugo Drive Suite 200, Laguna Hills, 92653, 949.212.6228, [Borntobebalanced.com](http://Borntobebalanced.com) (accepts insurance including Medi-Cal)

## Financial Assistance

- Emergency assistance with food: St Kilian's Catholic Church in Mission Viejo, 949.586.4440; St. Edward's Christian Service in Dana Point, 949.496.1307; Age Well Foundation in Lake Forest, 949.855.8033
- Family Assist Ministries in San Clemente (housing, rent, utilities, depending upon funding), 949.492.8477
- Jewish Federation Lifelines Emergency Financial Assistance in Irvine (consultation, food pantry, gift cards for basic needs), 949.435.3460
- Salvation Army in Lake Forest (utility assistance, rent, prescriptions, emergency food, depending upon funding), 949.366.6652
- South County Outreach in Irvine (utility disconnection, rental assistance, food bank, depending upon funding), 949.380.8144.
- St. Nicholas Catholic Church in Laguna Woods, 949.837.1090
- St. Timothy Catholic Church in Laguna Niguel 949.249.4091
- The Foundation of Laguna Woods (utility bills, prescriptions, food), 949.268.2246

## General Senior Resources (including meals and transportation)

- Age Well Senior Services, 949.855.8033
- Aging & Disability Resource Connection, 800.510.2020
- Council on Aging, 714.479.0107
- Friendly Visitor Program, Council on Aging, 714.352.8820
- Meals on Wheels, Age Well Senior Services, 949.855.8033
- OCTA Access (transportation), 714.560.5956



## Grief Support Groups

### *Aliso Viejo*

- **Temple Beth El**, Wednesdays 7:30-8:30 p.m., starting in April. This is an ongoing group, pre-registration required. Please contact Amy Stallings at VITAS at 714.734.2753 or amy.stallings@vitas.com.

### *Laguna Beach*

- **“Growing Through Grief,”** Laguna Presbyterian Church, 415 Forest Ave. Mondays for 8 weeks 1x/ year in spring, 4-5:30 p.m., some spirituality with opening and closing prayers, open to the public. Contact Jackie Pearson, LMFT, 949.494.7555.
- **Mission Hospital Regional Medical Center**, 31872 Coast Hwy. 10-week class (pre-registration and 10-week commitment required), free and open to public, several times per year (day/evening) alternately in Laguna Beach and Mission Viejo. Contact 949.499.7133.

### *Laguna Hills*

- **Saddleback Memorial Hospital** (loss of spouse or significant other), 24451 Health Center Dr. Tuesdays, 2:30-4 p.m., men’s and women’s groups meet separately with one joint meeting per month, predominantly seniors, free and open to public. Contact 949.452.7255.

### *Laguna Niguel*

- **Laguna Niguel Art & Creativity for Healing** (celebration of loved one through art and colors), 26079 Getty Dr. 4-week workshop series, ages 13 – adult \$135/person (includes art supplies). Contact Laurie Zagon at 949.367.1902 or www.art4healing.org.
- **Mission Lutheran Church**, 24360 Yosemite Rd. Offers classes on an as-needed basis, usually 1x-2x/year, open to the public/free, Christian- and spiritual-based. Contact Leah Emerson, Associate in Ministry/Parish Nurse, at 949.831.8820, ext. 201.
- **St. Timothy Catholic Church**, 29102 Crown Valley Pkwy. Structured bereavement groups 2x/year, usually January (8-10 wks) & July (6 wks), spiritual-based, open to community, \$25 donation. Contact Sally Hotchkiss at 949.249.4096 or shotkiss@st-timsrc.org.

### *Laguna Woods*

- **Temple Judea**, 24512 Moulton Parkway. Mondays 10-11:30 a.m., offered by VITAS Hospice. For more information, call 714.594.5244.

### *Lake Forest*

- **“Good Grief Group,”** Santiago de Compostela Catholic Church, 21682 Lake Forest. For men & women grieving the death of a spouse, child, parent, relative, or friend, open-ended/free, non-denominational (no prayers, but spiritual- and community-based). Offered spring, fall, & winter, 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 7:30-9 p.m. Contact Mary at 949.380.7520.
- **“Grief Share” Grief Support Workshop**, Saddleback Church, 1 Saddleback Pkwy. 13 weeks, Mondays 7-9 p.m., call for dates and times, group has spiritual component, open to the community/free. Contact Elaine Quickle at 949.609.8392.

### *Mission Viejo*

- **“Grief Recovery Program,”** Presbyterian Church of the Master, 26051 Marguerite Pkwy. Based on John James and Russell Friedman workshop. All kinds of loss, 7 weeks, 3x/year, Thursdays, 7-9 p.m., \$13 for handbook, non-denominational/open to the public. Contact Karen Carson at 949.768.7652.
- **Mission Hospital Regional Medical Center**, 27700 Medical Center Rd. 10-week class (pre-registration and 10-week commitment required), free and open to public, several times per year (day/evening) alternately in Laguna Beach and Mission Viejo. Contact 949.499.7133.

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Missing or incorrect information? Please contact Jewish Federation at 949.435.3460 or info@JFFS.org and we will gladly correct it.



**Jewish Federation  
& Family Services**  
ORANGE COUNTY