

**SICKLE CELL ADULT SUPPORT GROUP OF SOUTHERN CALIFORNIA**  
Group Meeting Reminder 2018



**Los Angeles Chapter Support Group Meetings: 2018**

First Thursday of every month from 6:00 - 8:30 pm at:

**The Wellness Center LA - 1200 N State Street, Room 1032, Los Angeles, CA 90033 - Cassie @ 818-940-0079 (office) of Dr. Carolyn Rowley at 818-731-5408 (cell)**

January 4	May 3	September 6
February 1	June 7	October 4
March 1	July 5	November 1
April 5	August 2	December 6

**Loma Linda Chapter Support Group Meetings: 2018**

Second Thursday of every month from 6:30 - 8:30pm at:

**PossAbilities Office • Professional Plaza - Building A • 25455 Barton Rd., Suite 109A Loma Linda, CA 92354** Sheila Marchbanks at 909-851-8294 or Dr. Carolyn Rowley at 818-731-5408 (cell)

January 11	May 12	September 13
February 8	June 14	October 11
March 8	July 12	November 8
April 12	August 9	December 13

**Lancaster Chapter Support Group Meetings: 2018**

Second Tuesday of every month from 6:30 - 8:00pm at:

**Antelope Valley Hospital • 1600 West Ave J • Room Subject to Change • Lancaster, CA 93534 • Dr. Carolyn Rowley at 818-731-5408 (cell)**

January 9	May 8	September 11
February 13	June 12	October 9
March 13	July 10	November 13
April 10	August 14	December 11

### Fresno Chapter Support Group Meetings: 2018

Third Thursday of every month from 6:00 - 8:00pm at:

**Maxie Parks Community Center • 1802 E. California Ave • Fresno, CA 93706 •** Dr. Carolyn Rowley at 818-731-5408 (cell) or Call Cassie @ 818-940-0079

January 18	May 17	September 20
February 15	June 21	October 18
March 15	July 19	November 15
April 19	August 16	December 20

### NEW!! San Diego Chapter Support Group Meetings: 2018

Fourth Tuesday of every month from 6:00 - 8:00 pm

**The Malcolm X / Valencia Park Library - Room subject to change - 5148 Market St, San Diego, CA 92114 -** Call Cassie @ 818-940-0079

January 23	May 22	September 25
February 27	June 26	October 23
March 27	July 24	November 27
April 24	August 28	December 18*

*\*December 18th is the third Tuesday of that month - enjoy your Christmas on the 25th!*

For directions or parking information for any of the support groups, or for more information, email [info@cayennewellness.org](mailto:info@cayennewellness.org) or call 818-940-0079

The Sickle Cell Adult Support Group of Southern California's mission is to offer educational material and wellness resources to help those adults with sickle cell manage their disease - to achieve the highest quality of life. We are dedicated to bringing support to those who live with sickle cell disease. We believe that support is essential to the health and well being of anyone living 24/7 with sickle cell disease. Please join us!