



**Family Caregiver Support Program
Virtual Support Groups and Programs 2022**

Caregiver Support Groups	
<p align="center"><u>Caregivers Caring for those with Memory Loss</u></p> <p>Tuesdays (1st and 3rd of the Month) 5:30pm – 7pm Contact: Cindy Hession Richard chession@agespan.org</p> <p>Wednesdays (1st of the Month) 11am – 12pm Contact: Kathy Perrella kperrella@agespan.org</p> <p>Wednesdays (3rd of the Month) 7pm – 8pm Contact: Kathy Perrella kperrella@agespan.org</p>	<p align="center"><u>Grandparents Raising Grandchildren</u></p> <p>Thursdays (3rd of the Month) 11am – 12pm Contact: Cindy Hession Richard chession@agespan.org</p>
	<p align="center"><u>General Caregiver Support</u></p> <p>Thursdays (3rd of the Month) 1pm – 2pm Contact: Lyn Brennan lbrennan@agespan.org</p>

<p style="text-align: center;">Memory Cafes</p>	<p style="text-align: center;">Evidence-Based Programs</p>
<p style="text-align: center;">Once a Month (1st Tuesday of the Month) Contact: Lyn Brennan lbrennan@agespan.org</p> <p style="text-align: center;">Register here- https://us02web.zoom.us/meeting/register/tZEqd-ugpzgrEteVx-wlYh9nsL7sABmiuMHv</p> <p style="text-align: center;"><i>A Memory Cafe is a wonderfully welcoming, judgement free zone for individuals with Alzheimer’s Disease or any other form of dementia, or other brain disorders. They are designed to include the care partner as well, for a shared experience.</i></p>	<p>Savvy Caregiver Program: a 6-week training program for caregivers who care for someone with Alzheimer’s or Related Dementias. It is based on the notion that family members who become caregivers need to be trained to assume a new role as caregiver, for which they are unprepared and untrained.</p> <p style="text-align: center;"><u>Ongoing Schedule of Classes</u> Contact: Crystal Polizzotti cpolizzotti@agespan.org</p> <p style="text-align: center;"><u>TRUALTA:</u> a personalized, skills-based training platform for family members caring for aging loved ones living at home. Through this exciting new interactive eLearning platform designed especially for family caregivers and tailored to their caregiving journey where caregivers can find convenient, on-demand, personalized information any time of day or night!</p> <p style="text-align: center;">Contact: Crystal Polizzotti cpolizzotti@agespan.org</p>