



Family Caregiver Support Program
Virtual Support Groups and Programs 2022

Caregiver Support Groups

**Caregivers Caring for those with
Memory Loss**

Tuesdays (1st and 3rd of the Month)
5:30pm – 7pm

Contact: Cindy Hession Richard
chession@agespan.org

Wednesdays (3rd of the Month)
7pm – 8pm

Contact: Pat McMahan
pmcmahan@agespan.org

In-Person Support Group

Thursdays (3rd of the Month)
The Linden at Danvers
220 Conant Street Danvers, MA
5:30pm – 7pm

Contact: Crystal Polizzotti
cpolizzotti@agespan.org

**Grandparents Raising
Grandchildren**

Thursdays (3rd of the Month)
11am – 12pm

Contact: Cindy Hession Richard
chession@agespan.org

General Caregiver Support

Thursdays (3rd of the Month)
1pm – 2pm

Contact: Lyn Brennan
lbrennan@agespan.org

<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 at 11am (1st Tuesday of the Month) Contact: Lyn Brennan lbrennan@agespan.org</p> <p style="text-align: center;">Zoom Link to Join- https://us02web.zoom.us/j/85350794354?pwd=Y3dPUmVlbzFuNWIMS1Y5dE9MT HNQUT09</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 style="text-align: center;">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 anytime of day or night!</p> <p style="text-align: center;">Contact: Crystal Polizzotti cpolizzotti@agespan.org</p>