



Family Caregiver Support Program
 Virtual Support Groups and Programs 2023

Caregiver Support Groups	
<p><u>Virtual Caregivers Caring for those with Memory Loss</u></p> <p>Tuesdays (1st and 3rd of the Month) 5:30pm – 7:15pm Contact: Cindy Hession Richard chession@agespan.org <i>(Currently full)</i></p> <p><u>In-Person Support Group</u></p> <p>Thursdays (3rd of the Month) The Linden at Danvers 220 Conant Street Danvers, MA 5pm – 6:30pm Contact: Crystal Polizzotti cpolizzotti@agespan.org</p>	<p><u>Virtual Grandparents Raising Grandchildren</u></p> <p>Thursdays (3rd of the Month) 11am – 12pm Contact: Cindy Hession Richard chession@agespan.org</p> <p><u>In- Person Grandparents Raising Grandchildren</u></p> <p>Wednesdays (4th of the Month) Lowell Senior Center 276 Broadway Street, Lowell, MA 11am – 12pm</p> <p>Contact: Crystal Polizzotti cpolizzotti@agespan.org</p>
	<p><u>Virtual General Caregiver Support</u></p> <p>Thursdays (3rd of the Month) 1pm – 2pm Contact: Lyn Brennan lbrennan@agespan.org</p>

Memory Cafes	Evidence-Based Programs
<p data-bbox="321 436 669 470">Travelling Memory Café</p> <p data-bbox="266 508 724 646">Dates, Time and Locations Vary Contact Lyn Brennan for more information: 978-273-2501 lbrennan@agespan.org</p> <p data-bbox="227 718 763 961"><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 data-bbox="824 436 1406 718">Building Better Caregivers: Are you taking care of a family member or friend who is living with long lasting physical and/or mental health conditions? Do you spend at least 10 hours per week helping your loved one with things like finances, emotional support, legal issues, physical care, or activities of daily living?</p> <p data-bbox="824 739 1406 877">If you answered "yes", sign up today for a Building Better Caregivers workshop. This six-week workshop can help you deal with the challenges of being a caregiver.</p> <p data-bbox="824 898 1406 1071">You'll learn how to reduce stress, manage difficult behaviors, take better care of your own health, get the help you need, and communicate better with family, friends, and health care teams.</p> <p data-bbox="906 1096 1325 1129"><u>Ongoing Schedule of Classes</u></p> <p data-bbox="1039 1201 1188 1234"><u>TRUALTA:</u></p> <p data-bbox="828 1239 1406 1554">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 data-bbox="928 1591 1302 1659">Contact: Crystal Polizzotti cpolizzotti@agespan.org</p>