



Family Caregiver Support Program

Caregiver Support Groups

Virtual Caregivers Caring for those with Memory Loss

Tuesdays (2nd and 4th of the Month)
5:30pm – 7:15pm
Contact: Cindy Hession Richard
chession@agespan.org

In-Person Support Group

Thursdays (3rd of the Month)
The Linden at Danvers
220 Conant Street Danvers, MA
5pm – 6:30pm
Contact: Crystal Polizzotti
cpolizzotti@agespan.org

In-Person Caregivers Caring for those with Memory Loss ***(Facilitated in Spanish)***

Thursdays (3rd of the Month)
Lawrence Senior Center
155 Haverhill Street, Lawrence, MA
1pm – 2:30pm
Contact: Kelly Beekman
kbeekman@agespan.org

Virtual Grandparents Raising Grandchildren

Fridays (1st of the Month)
11am – 12pm
Contact: Cindy Hession Richard
chession@agespan.org

In- Person Grandparents Raising Grandchildren

Wednesdays (4th of the Month)
Lowell Senior Center
276 Broadway Street, Lowell, MA
11am – 12pm
Contact: Crystal Polizzotti
cpolizzotti@agespan.org

Virtual 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;">Travelling Memory Café</p> <p style="text-align: center;">Dates, Time and Locations Vary Contact Lyn Brennan for more information: 978-273-2501 lbrennan@agespan.org</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;">Building Better Caregivers:</p> <p>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>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>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 style="text-align: center;"><u>Ongoing Schedule of Classes</u></p> <p style="text-align: center;"><u>TRUALTA:</u></p> <p>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;"><u>SIGN UP HERE!</u></p> <p style="text-align: center;">Contact: Crystal Polizzotti cpolizzotti@agespan.org</p>