



Family Caregiver Support Program

Caregiver Support Groups

Virtual Caregivers Caring for those with Memory Loss

Tuesdays (1st and 3rd of the Month)
5:30pm – 7:15pm
Contact: Cindy Hession Richard
chession@agespan.org
(Currently full)

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

Memory Cafes	Evidence-Based Programs
<p data-bbox="321 365 669 401">Travelling Memory Café</p> <p data-bbox="266 436 724 575">Dates, Time and Locations Vary Contact Lyn Brennan for more information: 978-273-2501 lbrennan@agespan.org</p> <p data-bbox="228 646 764 890"><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="922 365 1308 401">Building Better Caregivers:</p> <p data-bbox="824 403 1406 646">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="824 667 1406 806">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="824 827 1406 999">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 1024 1325 1060"><u>Ongoing Schedule of Classes</u></p> <p data-bbox="1039 1129 1188 1165"><u>TRUALTA:</u></p> <p data-bbox="828 1167 1406 1482">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="1006 1520 1221 1556"><u>SIGN UP HERE!</u></p> <p data-bbox="928 1587 1302 1661">Contact: Crystal Polizzotti cpolizzotti@agespan.org</p>