



## Caregiver Support Groups

### Virtual Caregivers Caring for those with Memory Loss

**Tuesdays** (1<sup>st</sup> and 3<sup>rd</sup> of the Month)  
**5:30pm – 7:15pm**

**Contact:** Cindy Hession Richard  
[chession@agespan.org](mailto:chession@agespan.org)

### In-Person Caregivers Caring for those with Memory Loss

**Thursdays** (3<sup>rd</sup> of the Month)  
**The Linden at Danvers**  
220 Conant Street Danvers, MA  
**5pm – 6:30pm**

**Contact:** Crystal Polizzotti  
[cpolizzotti@agespan.org](mailto:cpolizzotti@agespan.org)

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

**Thursdays** (3<sup>rd</sup> of the Month)  
**Lawrence Senior Center**  
155 Haverhill Street, Lawrence, MA  
**1pm – 2:30pm**

**Contact:** Kelly Beekman  
[kbeekman@agespan.org](mailto:kbeekman@agespan.org)

### Virtual Grandparents Raising Grandchildren

**Fridays** (1<sup>st</sup> of the Month)  
**11am – 12pm**

**Contact:** Cindy Hession Richard  
[chession@agespan.org](mailto:chession@agespan.org)

### In- Person Grandparents Raising Grandchildren

**Wednesdays** (4<sup>th</sup> of the Month)  
**Lowell Senior Center**  
276 Broadway Street, Lowell, MA  
**11am – 12pm**

**Contact:** Crystal Polizzotti  
[cpolizzotti@agespan.org](mailto:cpolizzotti@agespan.org)

### Virtual General Caregiver Support

**Thursdays** (3<sup>rd</sup> of the Month)  
**1pm – 2pm**

**Contact:** Lyn Brennan  
[lbrennan@agespan.org](mailto:lbrennan@agespan.org)

### In-Person General Caregiver Support

**Wednesdays** (4<sup>th</sup> of the Month)  
**Dracut Council on Aging**  
951 Mammoth Road, Dracut, MA  
**10:30am – 11:30am**

**Contact:** Kelly Beekman  
[kbeekman@agespan.org](mailto:kbeekman@agespan.org)

**Travelling Memory Café**

**Dates, Time and Locations Vary**

**Contact Lyn Brennan for more information: 978-273-2501**

[lbrennan@agespan.org](mailto:lbrennan@agespan.org)

*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.*