



CAREGIVER SUPPORT GROUP

**1ST & 3RD FRIDAY
OF THE MONTH**

12:00 - 1:00

****RESPITE AVAILABLE***



**COSTELLO CENTER
68 ELM ST.
AMESBURY, MA
(978)388-8138**

Caregiver Support Group is now available twice monthly. The 1st Friday of the month, the group will be lead by Sarah Coletti, CDP, a Senior Care Advisor with Oasis Senior Advisors of NH, Maine & the Seacoast, who is certified through the Alz association as a support group facilitator. The 3rd Friday of the month, the group will be lead by Alison Rice Kolozsvary, LSW, who has a 28 year professional background working with families as a Social Worker, and most recently, as the Community Liaison for Avita of Newburyport, a memory care community.

Members of current caregiver support groups state that they get an enormous amount of support from the relationships that form within the group. The value of sharing of ideas, learning new strategies for providing care, and simply knowing that they are not alone is incalculable.

The COA and is looking forward to providing a safe and nurturing environment to caregivers in the area. Meetings take place on the 1st & 3rd Friday of each month from 12:00-1:00 PM, registration not required. Please feel free to bring a bag lunch if you would like to come on your lunch hour.

****Respite is available, please call the COA at (978)388-8138 in advance.***