



Caregiver Support Groups

Virtual Support Groups:

Virtual Caregivers Caring for those with Memory Loss

Tuesdays (1st and 3rd of the Month) **5:30pm – 7:15pm on Zoom**

Contact: Cindy Hession Richard chession@agespan.org

Virtual Grandparents Raising Grandchildren

Fridays (1st of the Month) **11am – 12pm on Microsoft Teams**

Contact: Cindy Hession Richard chession@agespan.org

Virtual General Caregiver Support

Thursdays (3rd of the Month) **1pm – 2pm on Microsoft Teams**

Contact: Lyn Brennan lbrennan@agespan.org

In-Person Support Groups:

Caregivers Caring for those with Memory Loss

Thursdays (3rd of the Month) **5pm – 6:30pm**

The Linden at Danvers, 220 Conant Street Danvers, MA

Contact: Crystal Polizzotti cpolizzotti@agespan.org

Grandparents Raising Grandchildren

Wednesdays (4th of the Month) **11am – 12pm**

Lowell Senior Center 276 Broadway Street, Lowell, MA

Contact: Crystal Polizzotti cpolizzotti@agespan.org

Caregivers Caring for those with Memory Loss (facilitated in Spanish)

Thursdays (3rd of the Month) **1pm – 2:30pm**

Lawrence Senior Center, 155 Haverhill Street, Lawrence, MA

Contact: Kelly Beekman kbeekman@agespan.org

General Caregiver Support

Wednesdays (4th of the Month) **10:30am – 11:30am**

Dracut Council on Aging, 951 Mammoth Road, Dracut, MA

Contact: Kelly Beekman kbeekman@agespan.org

Bereavement Support Group

Wednesdays (1st of the Month) **1pm – 2pm**

Merrimac Council on Aging, 100 E Main Street, Merrimac, MA

Contact: Lyn Brennan lbrennan@agespan.org

Memory Cafes:

Travelling Memory Café

Dates, Time and Locations Vary

Contact Lyn Brennan for more information: 978-273-2501 lbrennan@agespan.org

Aroma de Café (facilitated in Spanish)

1st Thursday of the Month @ 1pm

The Center, 155 Haverhill Street, Lawrence, MA

Contact Kelly Beekman for more information: 978-807-3947 kbeekman@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.