



Family Caregiver Support Program
Virtual Support Groups and Programs 2023

Caregiver Support Groups	
<p><u>Virtual Caregivers Caring for those with Memory Loss</u></p> <p>Tuesdays (1st and 3rd of the Month) 5:30pm – 7pm Contact: Cindy Hession Richard chession@agespan.org</p> <p><u>In-Person Support Group</u></p> <p>Thursdays (3rd of the Month) The Linden at Danvers 220 Conant Street Danvers, MA 5pm – 6:30pm Contact: Crystal Polizzotti cpolizzotti@agespan.org</p>	<p><u>Virtual Grandparents Raising Grandchildren</u></p> <p>Thursdays (3rd of the Month) 11am – 12pm</p> <p>Resuming January 19, 2023 No December meeting</p> <p>Contact: Cindy Hession Richard chession@agespan.org</p>
	<p><u>Virtual General Caregiver Support</u></p> <p>Thursdays (3rd of the Month) 1pm – 2pm</p> <p>Contact: Lyn Brennan lbrennan@agespan.org</p>

Memory Cafes	Evidence-Based Programs
<p>1st Tuesday of the Month resuming February 7, 2023 Contact: Lyn Brennan lbrennan@agespan.org</p> <p>Join on your computer or mobile device: Click here to join the meeting</p> <p><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>Building Better Caregivers: 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>Ongoing Schedule of Classes</p> <p><u>TRUALTA:</u> 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>Contact: Crystal Polizzotti cpolizzotti@agespan.org</p>