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CAREGIVER SUPPORT GROUPS & RESOURCES

Auburn Senior Center- 4 Goddard Drive, Auburn, MA 01501. Caregiver Support group meetings are held in person, the second Monday of each month(1:00-2:30pm). Contact Usha Verma via phone at 508-832-7799 or email Usha at uverma@town.auburn.ma.us.

Dodge Park and Oasis Caregiver Support Group - 101 Randolph Road, Worcester MA 01606

This caregiver's support group is open to families of Dodge Park and Oasis residents as well as the public caring for someone with dementia. The caregivers support group meets in-person on the third Wednesday of each month. (3:00-5:00pm) at Dodge Park, 101 Randolph Road, Worcester, 01606. To register, please contact Micha (Mike) Shalev at m.shalev@dodgepark.com or call 508-853-8180.

Grandparents Raising grandchildren Support Group- Join other grandparents and kinship caregivers of children at the Worcester Family Resource Center located on 20 Cedar Street Worcester MA 01609. Meetings are held the third Friday of every month (9:30-11:00am). Contact yiwfrcyouinc@sevenhills.org or call 508-796-1411 to register.

Holden Senior Center- 1130 Main St Holden, MA 01520. Call 508-210-5570. Caregiver support group for anyone in the community currently caregiving for a loved one. Come to share your experiences while connecting with others. Meetings are held the first Wednesday of each month from (1:00-2:30pm).

St. Francis Rehabilitation and Nursing Center Adult Day Health, 37 Thorne Street, Worcester, MA 01604
Dementia Caregivers Support Group meeting is the 3rd Thursday of the month at (3:00 pm). Held in the Sisters Dining Room. Open to the public. Contact Lauren Gaffney 508-471-2272

Tatnuck Park at Worcester 340 May Street, Worcester MA 01602. Alzheimer's Support Group held for caregivers, Meeting are virtual only and held on 1st Wednesday of the month @ 6 pm . Contact Angela Rosado at 508-755-7277 or by email: ARosado@benchquality.com

West Boylston Senior Center- A gathering for anyone in the community currently caregiving for a loved one. Come to share your experiences while connecting with others. Meetings are held the Second Wednesday of each month from (10:00-11:30am) at the West Boylston Senior Center, 120 Prescott St, West Boylston, MA 01583. Call 508-835-6916.

Worcester Senior Center- 128 Providence Street, Worcester, MA 01604

Caregiver support group meets every third Wednesday of every month from 10:15am- 11:30am. Contact Anna Christina at OliveiraAC@worcesterma.gov or 508-799-1232 to learn more.

Virtual Groups

Caregiver Support Project – Free virtual “Lunch and Learns” held on the 3rd Wednesday (12:00-1:00pm) every month. Sponsored by CMK Home Care, Arlington MA. Open to all caregivers. Zoom links will be sent upon sign up at <https://cmkhomecare.net/caregiver-support-project/> (781-266-8985).

Patient & Family Cancer Virtual Support Group - UMASS Memorial Medical Center 33 Kendall Street Worcester, MA 01605 The group is open to anyone with a past or present **cancer diagnosis**. Patients, family, friends, and significant others are invited. Meetings are virtual only held 3rd Monday of month from 6:30 pm – 8 pm. Contact Dianne Bowes-Hudson at 774-441-6081 or email Dianne.bowes-hudson@umassmemorial.org.

Caregiver Support Helplines

Dept. of Veterans Affairs Caregiver Support Line -1-855-260-3274 Mon-Fri (8:00am-10:00pm, Sat.8:00-5:00) or visit www.caregiver.va.org for more information and/or to locate local support coordinator.

Alzheimer’s Association 24/7 Helpline 1-800-272-3900 <https://alz.org>. Live Chat option. The Alzheimer’s Association also hosts ALZConnected, <https://alzconnected.org/> - free online community/message boards including a Caregivers Forum.

Parkinson’s Foundation Helpline 1-800-473-4636 Mon-Fri 9 am-7 pm ET Email: Helpline@Parkinson.org
<https://www.parkinson.org/Living-with-Parkinsons/For-Caregivers>

Online Resources

14 Caregiver Support Groups allow you to get support, vent, or ask questions anytime – day or night.
<https://dailycaring.com/support-groups-for-caregivers-on-facebook/>

22 Popular Caregiver Support Groups

The opportunity to ask questions for the best ways to handle daily difficulties, but you’ll also know that there are thousands of people in the same situation ready to give you a listening ear.
<https://www.care.com/c/caregiver-support-groups/>

Community Resource Finder- Get access to community resources, services, and programs.
<https://www.communityresourcefinder.org/>

Dementia /Alzheimer’s Family Caregiver Support

Mass.gov website – Information for People Living with Dementia and Their Caregivers
<https://www.mass.gov/handbook/information-for-people-living-with-dementia-and-their-caregivers>
Lists information on services, caregiver support, social engagement, home safety and housing options, resources on Alzheimer’s disease and related dementias, dementia studies, advocacy, and volunteering.

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