jewish family service of western massachusetts

Virtual Caregiver Support Groups

For those caring for a parent or partner with dementia

Are you feeling overwhelmed as you try to balance your needs along with the needs of your loved ones?

JFS Caregiver Support Groups provide a welcoming space to reduce caregiver isolation, receive support, explore meaningful topics, discover helpful resources, and share coping strategies.

Join us each week to connect with other caregivers, to exchange experiences, and to build a supportive network. Groups are ongoing and free to attend.

Participation requires an initial intake session and is limited to ten members per group.

Facilitator

Cathy Chandler, LICSW, Older Adults Program Director

When

Tuesdays, 6:30pm - 7:45pm

Upper Valley Area Groups

Mondays, 11:00am - 12:30 am

Tuesdays, 10:00am - 11:30 am

For more information, please contact

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