Ongoing Programs & Support
Group Information

- Relative Caregivers of Children Support Group -
  Senior Resources/Rose City Senior Center
- Grandparents Raising Grandchildren Social Group
- Relative Caregivers of Children Support Groups in our coverage area
- Caregiver’s Support Group - Senior Resources/The Henry Carter Hull Library
- Caregiver’s Support Group - Senior Resources/Slater Library
- Caregiver’s Support Group - Senior Resources/Ross Adult Day Center
- Caregiver Support Groups in our coverage area
- Caregiver Support Group - Mansfield Senior Center
- Caregiver Support Group - L&M Hospital
- Dementia Caregiver Support Group - Hartford Healthcare Center for Healthy Aging
- Bereavement Support Group - Douglas Manor
- AA Support Group with ASL
- Caregiver Support Groups - VNA Community Healthcare
- Parkinson’s Caregiver Support Group - VNA Community Healthcare
- Nar-Anon “Steps to Serenity” Support Group - NarAnon of CT/MA
- Bereavement Support Group - Middlesex Hospital
RELATIVE CAREGIVERS OF CHILDREN SUPPORT GROUP
[You Are NOT Alone!]

Confidential conversation with peer caregivers
the LAST TUESDAY of the month from 9 AM to 11 AM at
Rose City Senior Center
8 Mahan Drive, Norwich, CT 06360

2019 Schedule

January 29th        February 26th        March 26th        April 30th
May 28th            June 25th           July 30th          August 29th
September 24th      October 29th       November 26th     December TBD

For directions, please call: 860-889-5960
For information or to RSVP, please call: Robin at 860-887-3561 ext. 124

Inclement Weather Policy: Meetings will be cancelled if public schools or the senior center are closed or delayed.

Senior Resources
Agency on Aging
19 Ohio Avenue, Suite 2
Norwich, CT 06360
860-887-3561
800-690-6998
www.SeniorResourcesFC.org

Norwich Youth & Family Services
80 Broadway
Norwich, CT 06360
860-823-3782
www.NorwichCT.org

Rose City Senior Center
8 Mahan Drive
Norwich, CT 06360
860-889-5960
www.NorwichCT.org

Sponsored by: Senior Resources Agency on Aging, Norwich Youth and Family Services and the
Rose City Senior Center
This program is supported by Senior Resources-Agency on Aging with Title III funds made available under the Older American’s Act.
Grandparents Raising Grandchildren
Social Group

The Grandparents Raising Grandchildren Group offers peer support and parenting strategies to grandparents. The goal is to offer a supportive environment to help these grand-families to share their experiences, learn new parenting skills, and share concerns, information and resources.

There are two Grandparents Raising Grandchildren Groups, one in the Plainfield area and one in the Willimantic area. Each group meets once per month for 90 minutes. A snack and childcare is provided free of charge. Childcare also includes crafts and outside play. There are Field trips such as Camp Harkness, dinner outings and holiday celebrations.

**Plainfield Area Support Group:**
Second Monday of each month
6:00 – 7:30PM
United Services Wauregan Office
303 Putnam Rd., Wauregan

**Willimantic Area Support Group:**
Fourth Wednesday of each month
6:00 – 7:30PM
First United Methodist Church
29 Puddin Lane, Mansfield Center

For more information or to register call:
Lori Bergstrom, Program Coordinator at 860-412-8665
or
Darlene Dell, Program Facilitator at 860-315-3969
SUPPORT GROUPS

GRANDPARENTS RAISING GRANDCHILDREN - Resource groups in Senior Resources' service area
(please call individual contacts to confirm information)

Groton Human Services:
Contact: Marge Fondules (860) 441-6769
Where: Groton Public Library/52 Newtown Road/Groton
When: First Thursday of the month at 6:30 pm

Senior Resources:
Contact: Robin Brewer (860) 887-3561 ext. 124
Where: Rose City Senior Center/8 Mahan Drive/Norwich
When: Last Tuesday of the month at 9:00 am (except May & Dec.)

Town of Cromwell:
Contact: Marcia Pendleton-Sacco (860) 632-3448
Where: Cromwell Senior Center/41 West Street/Cromwell
**In the Youth Services Room**
When: Second Thursday of the month from 12:30 pm - 2:00 pm
(September—June)

Town of Mansfield:
Contact: Janit Romayko (860) 569-1978
Where: Big Y Mansfield/141 Stors Road/Mansfield Center
When: Second Wednesday of the month at 9:15 a.m.

United Services (2 Groups):
Contact: Darlene Dell (860) 564-6100
Where: United Services/303 Putnam Road/Wauregan
When: Second Tuesday of the month from 6:00 pm - 7:30 pm
Where: First United Methodist Church
29 Puddin Lane, Mansfield Center, CT 06250
When: Fourth Wednesday of the month

Waterford Country School:
Contact: (860) 265-6302
Where: SAFE Home/947 Vauxhall Street Ext./Waterford
When: First Thursday of the month at 6:30 pm
CAREGIVER SUPPORT GROUP
[You Are NOT Alone!]
Confidential conversation with peer caregivers
2ND THURSDAY of the month
5:30 PM to 6:45 PM
The Henry Carter Hull Library, Community Room
10 Killingworth Turnpike, Clinton, CT

2019 Schedule

January 10th  February 14th  March 14th  April 11th
May 9th  June 13th  July 11th  August 8th
September 12th  October 10th  November 14th  December 12th

For information or to RSVP, please call: Robin at 860-887-3561 ext. 124
You may also contact The Henry Carter Hull Library at 860-669-2342

Please Note: If the library is closed, the group will be cancelled.

Sponsored by: Senior Resources Agency on Aging and The Henry Carter Hull Library
This program is supported by Senior Resources Agency on Aging with Title III funds made available under the Older American’s Act

Senior Resources
Agency on Aging
19 Ohio Avenue, Suite 2
Norwich, CT 06360
860-887-3561/800-690-6998
www.SeniorResourcesEC.org

Henry Carter Hull Library
10 Killingworth Turnpike | Clinton, CT 06413 | 860.669.2342 | www.hchlibrary.org
CAREGIVERS SUPPORT GROUP
[You Are NOT Alone!]

Confidential conversation with peer caregivers the **FIRST TUESDAY** of the month from 2:00 PM to 3:30 PM at the
Slater Library, 26 Main Street, Jewett City, CT 06351

**2019 Schedule**

<table>
<thead>
<tr>
<th>January 8th</th>
<th>February 5th</th>
<th>March 5th</th>
<th>April 2nd</th>
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<td>May 7th</td>
<td>June 4th</td>
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<td>August 6th</td>
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<td>September 3rd</td>
<td>October 1st</td>
<td>November 5th</td>
<td>December 3rd</td>
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For directions, information or to RSVP please call: 860-376-0024
To speak with Robin call 860-887-3561 ext. 124

**Inclement Weather Policy:** Meetings will be cancelled if public schools or the senior center are closed or delayed.

**Sponsored by:** Senior Resources Agency on Aging and the Griswold Senior Center
This program is supported by Senior Resources Agency on Aging with Title III funds made available under the Older American’s Act

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Senior Resources Agency on Aging
19 Ohio Avenue, Suite 2
Norwich, CT 06360
860-887-3561 / 800-690-6998
www.SeniorResourcesEC.org

Griswold Senior Center
22 Soule Street
Jewett City, CT 06351
860-376-2604
www.Griswold-CT.org/SeniorCenter.html
CAREGIVERS SUPPORT GROUP
[You Are NOT Alone!]

Confidential conversation with peer caregivers the LAST TUESDAY of the month
from 2 PM to 3:30 PM at
Ross Adult Day Center, 165 McKinley Avenue, Norwich

2019 Schedule

January 29th    February 26th    March 26th    April 30th
May 28th        June 25th       July 30th     August 29th
September 24th  October 29th   November 26th December TBD

For directions, please call: 860-889-1252
For information or to RSVP, please call: Robin at 860-887-3561 ext. 124

Inclement Weather Policy: Meetings will be cancelled if the Norwich Public Schools are closed.

Sponsored by: Senior Resources Agency on Aging and Ross Adult Day Center - Eldercare Services of UCFS
This program is supported by Senior Resources Agency on Aging with Title III funds made available under the Older Americans Act
<table>
<thead>
<tr>
<th>Caregiver Support Groups</th>
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| **Adult Day Center of Westerly**  
5 Union Street  
Westerly, RI 02891  
Jennifer Newton  
401-596-1336  
2nd Tuesday of each month  
3:00-4:30 |
| **Bayview Health Care Center**  
301 Rope Ferry Road  
Waterford, CT 06385  
Deb Sousa  
860-389-7422  
3rd Tuesday of each month  
5:30-6:30 |
| **Chestelm Health & Rehab**  
534 Town Street  
Moodus, CT 06469  
Liz Muller  
860-873-3833  
3rd Wednesday of each month  
4:00-5:30 |
| **Congregational Church of Eastford**  
8 Church Road  
Eastford, CT 06242  
Bev Lindemann  
860-974-1945  
2nd Thursday of each month  
7:30-8:30 |
| **Slater Library - Griswold**  
26 Main St  
Jewett City, CT 06351  
Robin Brewer  
86-887-3561 Ext. 124  
1st Tuesday of each month  
2:00 to 3:30 |
| **Lawrence and Memorial Hospital**  
Wave Cafe  
New London, CT 06320  
860-442-0711 Ext. 2483  
1st Tuesday of each month  
4:00 to 5:30 |
| **Mansfield Senior Center**  
303 Maple Rd  
Storrs, CT 06268  
Joan Marshall  
860-487-9875  
2nd Tuesday of each month  
5:30pm |
| **Peregrine's Landing**  
Clinton, CT 06413  
7th Thursday of each month  
6:15 to 7:15 |
| **Ross Adult Day Center**  
165 McKinley Avenue  
Norwich, CT 06360  
Robin Brewer  
860-887-3561 Ext. 124  
Last Tuesday of each month  
2:00 to 3:30 |
| **Quinebaug Valley Senior Citizen Center**  
69 South Main Street  
Brooklyn, CT 06234  
Kathy Demers  
860-774-1243  
2nd Tuesday of each month  
1:30 to 2:30 pm |
| **Estuary Council of Senior**  
220 Main Street  
Old Saybrook, CT 06475  
Ann DiPierdomenico  
860-526-5363  
3rd Wednesday of each month  
1:00 to 2:00 pm |
| **Montville Senior Center**  
12 Maple Avenue  
Uncasville, CT 06382  
Donna Hunter  
860-443-8650 |
| **Waterford Senior Services**  
24 Hope Ferry Road  
Waterford, CT 06385  
Donna Hunter  
860-443-8650 |
| **The Henry Carter Hull Library**  
112 Mansfield Ave  
Willimantic, CT 06266  
Adrienne DeVivo  
860-456-6877  
3rd Wednesday of each month  
10:00 to 11:00 am |
| **Windham Hospital**  
Johnson Room  
Mansfield Center  
1st & 3rd Thursday of each month  
11:00 to 12:30 pm |
| **Saybrook At Haddam**  
1556 Saybrook Road  
Haddam, CT 06438  
Kathleen Hallett  
860-345-3779  
3rd Wednesday of each month  
6:00 to 7:00 pm |
| **Academy Point At Mystic**  
20 Academy Lane  
Mystic, CT 06355  
Heather Farrell  
860-535-1133  
1st Wednesday of each month  
6:00 pm - 7:00 pm |
| **Madison Senior Center**  
29 Bradley Road  
Madison, CT 06443  
Molly Standley  
866-474-5230  
3rd Tuesday of each month  
11:00 am - 12:30 pm |
| **Strong House Adult Day Center**  
564 Durham Road  
Madison, CT 06443  
Diane Gauthier  
203-245-0524  
2nd Tuesday of each month  
12:30 pm - 1:30 pm |

**Bereavement Support Groups**

**Hospice of Eastern CT**  
34 Ledgebrook Drive  
Mansfield Center, CT 06250  
860-526-3563  
1st & 3rd Thursday of each month  
11:00 to 12:30 pm

**Center for Hospice Care**  
Coping with Loss of a Loved One  
Mystic/Noank Library  
42 Library Street  
Mystic, CT 06355  
1st and 3rd Tuesday of each month  
10:00 to 11:00 am

**Center for Hospice Care**  
Loss of a Spouse or Partner  
Brian’s Healing Hearts  
461 Main Street  
Niantic, CT 06355  
1st and 3rd Tuesday of each month  
6:30 to 8:00 pm  
2nd and 4th Tuesday of each month  
10:00 to 11:30 am

**Middlesex Hospital**  
Cancer Center  
536 Saybrook Road  
Middletown, CT 06457  
2nd and 4th Wednesday of each month  
10:00 to 11:30 am

**Middlesex Hospital**  
Loss of a Child of any age  
Bengston-Wood Conference Room  
Sandra Freeman, RN  
203-887-9561  
2nd Tuesday of each month  
6:30 to 8:00 pm

**Douglas Manor**  
Conference Room  
103 North Road  
Windham, CT 06280  
1st Tuesday of each month  
4:00 pm

**Estuary Council of Seniors**  
Old Saybrook, CT 06475  
2nd and 4th Wednesday of each month  
10:30 am

**Essex Library**  
33 West Ave, Essex, CT 06426  
1st and 3rd Tuesday of each month  
2:00 to 3:00 pm  
2nd and 4th Tuesday of each month  
5:00 to 6:00 pm
# Parkinson's Disease Support Group

**Mystic Healthcare**  
457 High Street  
Mystic, CT 06355  
Catherine Guatieri  
860-287-0202  
3rd Wednesday of each month  
1:15 to 3:15 pm

**Day Kimball Hospital**  
320 Pomfret Street  
Putnam, CT 06260  
Judith Hansen Wellness Program  
860-928-6541 ext. 2015

**Windham Hospital**  
860-456-2862  
2nd Wednesday of each month  
1:00 pm

**Parkinson's Disease and Muscular Dystrophy**  
Wadsworth Glen  
30 Boston Post Road  
Middleton, CT 06457  
Mary 860-828-5240  
2nd Saturday of each month  
1:00 to 3:00 pm

**VNA Community Healthcare**  
753 Boston Post Road  
Guilford, CT  
1-866-474-5230  
2nd Thursday of each month  
10:30 to 12:00

# Stroke Support Groups/Brain Injury Support Groups

**Stroke Support Group**  
Groton Public Library  
52 Newton Road  
Groton, CT 06340  
Phyllis Walsh  
860-843-0381  
3rd Thursday of each month  
12:00 to 3:00 pm

**Stroke Support Group**  
Middlesex Hospital, Outpatient Center  
540 Saybrook Road  
Middletown, CT 06457  
Meg O'Donoghue  
860-358-5970  
4th Saturday of each month  
10:00 to 12:00

**Brain Injury Support Group**  
Lawrence and Memorial Hospital  
New London, CT, 06320  
4th Thursday of each month

# Grandparent Support Groups

**United Services**  
303 Putnam Road  
Wauregan, CT 06  
Darlene Dell  
860-315-3969  
2nd Monday of each month  
6:00 to 7:30 pm

**First Methodist Church**  
29 Puddin Lane  
Mansfield Center, CT  
Darlene Dell  
860-315-3969  
4th Wednesday of each month  
6:00 to 7:30

**Cromwell Senior Center**  
Youth Services Activity Room  
41 West Street  
Cromwell, CT  
Marcia Pendleton-Sacco  
860-632-3448  
2nd Wednesday of each month  
12:30 to 2:00 pm

**Town of Mansfield**  
141 Storrs Road  
Mansfield Center, CT  
Janet Romayko  
860-569-1978  
2nd Wednesday of each month  
9:30 am

**Senior Resources**  
Rose City Senior Center  
8 Mahan Drive  
Norwich, CT  
Robin Brewer  
860-887-3561 ext. 124  
Last Tuesday of each month  
9:00 am

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**Waterford Country School**  
SAFE HOME B  
947 Vauxhall Ext.  
Waterford, CT  
860-265-6302  
1st Thursday of each month  
6:30 pm

**Groton Human Services**  
Groton Public Library  
52 Newtow Rd  
Groton, CT  
Marie Fontelas  
860-441-6769

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REV. 4/1/2019
Feeling isolated or struggling with caring for a loved one?

Join our

Caregiver Support Group

We will share questions, ideas and solutions

2ND TUESDAY OF THE MONTH, 5:30—6:30 PM
Beginning Tuesday, November 13th, 2018
Mansfield Senior Center
303 Maple Road, Mansfield, CT
For more info contact Joan Marshall MSW
860-487-9875 or marshallj@mansfieldct.org

There is no fee to join the group. Refreshments will be provided.
Lawrence and Memorial Hospital Presents

The Caregiver Support Group

Wave Café 4-5:30pm

February 5, 2019
March 5, 2019
April 2, 2019
May 7, 2019
June 4, 2019
July 2, 2019
August 6, 2019
September 3, 2019
October 8, 2019
November 5, 2019
December 3, 2019

For further details please contact:
Carol x2483 or Mary x2078
Dementia Caregiver Support Group

Invitation for all Caregivers of someone with Dementia: Attend a monthly support group to discuss the many facets of caregiving in a safe and compassionate environment. This group provides an opportunity for caregivers to share their experiences and receive inspiration, guidance and validation.

When: 3rd Wednesday of every month (3/20, 4/17, 5/15, 6/19)
Time: 10:00am to 11:00am
Cost: Free

Questions Call Adrianne DeVivo 860.456.6877
Email: Adrianne.devivo@hhchealth.org

Location: Windham Hospital
Johnson Room
112 Mansfield Ave,
Willimantic, CT 06226
BEREAVEMENT SUPPORT GROUP

DOUGLAS MANOR, CONFERENCE ROOM
103 NORTH ROAD, WINDHAM CT

If you have experienced the death of a loved one, please join us as we share our losses, develop coping strategies, and move toward healing in a supportive, confidential environment.

First Tuesday of Every Month, 4:00 P.M.

Upcoming Dates: 2/7 ~ 3/7 ~ 4/4 ~ 5/2 ~ 6/6

This Group is Offered as a Free Service to the Community
Hosted by Douglas Manor and Hartford HealthCare at Home
Facilitated by Ivan Bilyk, Pastoral Counselor
Area 11 – Accessibilities

Are you home alone and struggling with your addiction?

Are you in need of a meeting and require ASL?

AA has the resources you require.

Contact Daniel P at Daniel@dnec.org or

Mark W at specialneeds@ct-aa.org.

Come and feel welcome. Let us travel the journey with you.
Caregiver Support Groups

VNA Community Healthcare offers the following Caregiver Support Groups. The Guilford Group is specific to caregivers of those with Parkinson’s. Please contact the group leader for further information.

**Guilford**
(Parkinson’s Caregiver Support Group)
- Second Thursday of the month at 10:30 a.m. – 12 noon
- VNA Community Healthcare, 753 Boston Post Rd.
- Leader: Molly Standley (toll free) 1.866.474.5230

**Hamden**
- 4th Tuesday of the month at 10:00 – 11:30 a.m.
- VNA Community Healthcare, 2913 Whitney Ave., 4th floor
- Leader: Francine Lombardi 203.458.4364

**Madison**
- 3rd Tuesday of the month at 11:00 a.m – 12:30 p.m.
- Madison Senior Center, 29 Bradley Rd.
- Leader: Molly Standley 866.474.5230

- 2nd Tuesday of the month at 12:30 – 1:30 p.m.
- Strong House Adult Day Center, 546 Durham Rd.
- Leader: Diane Gauthier at 203.245.0524

**North Branford**
Drop-in Caregiver Walk & Talk Group
- Thursdays (rain or shine) at 1:00 – 2:00 p.m.
- Evergreen Woods, 88 Notch Hill Rd.
- Meet at the main entrance
- Leader: JoAnn Begley 203.458.5950

**North Haven**
- 1st Monday of the month at 10:30 a.m. – 12 noon
- LifeTime Care at Home & VNA Resource Center, 2 Broadway
- Leader: JoAnn Begley 203.458.5950

Caring for an aging spouse or parent? Our Caregiver Support Network can help!
Caregiver Support Network
1.866.474.5230 (toll free)
PARKINSON’S CAREGIVER SUPPORT GROUP

Sponsored by: The M.J. Petretto Foundation
Hosted by: VNA Community Healthcare

Does someone in your family have Parkinson’s Disease?

Join other Parkinson’s Caregivers to:
- Share experiences, challenges and concerns
- Discuss solutions
- Enjoy the comfort of a confidential, casual and supportive setting

DATE

Second Thursday of the Month

TIME

10:30 a.m. - Noon

LOCATION

VNA Community Healthcare
753 Boston Post Road, Guilford

REGISTRATION

(toll free) 1.866.474.5230
MStandley@vna-commh.org

VNA Community Healthcare
Beside you at every turn

www.ConnecticutHomecare.org
Nar-Anon

“Steps to Serenity” Support Group

Tuesdays, 6:30 – 7:30 PM
Natchaug Hospital
189 Storrs Road (Route 195)
Mansfield Center

We Meet To:

Learn Drug Abuse is an Illness
Share our Problems
Encourage the User to Seek Help
Improve the Family Attitude

All Are Welcome!

Contact (860) 377-8309

www.naranonctma.org
Middlesex Hospital Bereavement Support Groups

We support all grievers whether from traditional or non-traditional relationships.

Special Groups

Loss of a Child (of any age)
Place: Middlesex Hospital
Bengtson-Wood Conference Room
Day: Second Tuesday of each month
Time: 6:30 pm to 8:00 pm
For: Those who have lost children, grandchildren, siblings, nieces, nephews, etc.
Contact: Sandra Freeman, RN – 203-887-9561

Young Widow/Widowers Group
Place: Middlesex Hospital Cancer Center
534/536 Saybrook Road
Conference Room, Second Floor
Day: Third Tuesday of each month
Time: 5:30 pm to 6:45 pm
Contact: Sherry Russenberger – 860-358-6091 or Doreen Gagnon – 860-358-2053

Middletown
Place: Middlesex Hospital
Conference Room A
Day: First and third Monday of each month
Time: 5:00 pm to 6:30 pm
For: Anyone who has lost a love one

Place: Middlesex Hospital Cancer Center
536 Saybrook Road
Day: Second and fourth Wednesday of each month
Time: 10:00 am to 11:30 am
For: Anyone who has lost a loved one

Shoreline
Place: Essex Library
Day: First and third Tuesday of each month
Time: 2:00 pm to 3:00 pm
For: Anyone who has lost a loved one

Place: Essex Library
Day: Second and fourth Tuesday of each month
Time: 5:00 pm to 6:00 pm
For: Anyone who has lost a loved one

For more information:
Dennis McCann, PhD, BCC
Head of Dept. of Spiritual Care
860-358-6725