

Grandparents Raising Grandchildren Support Groups

Senior Resources Agency on Aging

Lori Rygielski, (860)887-3561 x127
Rose City Senior Center
8 Mahan Drive, Norwich
Last Tuesday of each month, 9:00 a.m.

Eastern CT Area – Mansfield

Janit Romayko (860)569-1978, Call to Register
Big Y Mansfield, 141 Storrs Road, Mansfield Center
2nd Wednesday of each month, 9:15 a.m.

United Services - Kinship Support Group

Plainfield Area
Lori Bergstrom, Prevention Services Manager
(860)412-8665 lbergstrom@usmhs.org
United Services, 303 Putnam Road, Wauregan
2nd Tuesday of each month, 5:00 – 6:30 p.m.

East Lyme Youth Services

Sarah Firmin, MA – Wellness, Prevention, and Mentoring Coordinator
860-739-5828 ext. 301
East Lyme Youth Services
41 Society Road, Niantic, CT 06357
1st Wednesday of each month

Caregiver Support Groups

Mansfield Senior Center

303 Maple Road, Mansfield
Yamil Figueroa (860)487-9875 figueroay@mansfieldct.org
2nd Tuesday of each month, 3:30 - 4:30 p.m.

Quinebaug Valley Senior Center

69 South Main Street, Brooklyn
Kathy (860)377-6414 or Jean Ann (860)208-2673
2nd Thursday of the month, 1:30 – 2:30 p.m.

VNA Caregiver Support Group

Artis in Branford

For more information or to register contact:
203.533.7287
814 E. Main Street, Branford, CT
4th Tuesday of each month, 2:00 – 3:00 pm

Madison Senior Center

For information or to register contact:
(203)245-5627 29
29 Bradley Road, Madison

3rd Tuesday of the month, 11:00-12:30 p.m.

Proof of vaccination required for this activity at time of registration

Zoom Support Group

Every Wednesday 2:00 – 3:00 p.m.
For information and Zoom link, contact:
866.474.5230

Middlesex Health

2nd Wednesday of the month, 1:00 – 2:30 p.m.
Please contact Joan Perkins, LCSW
(860)358-2037 or joan.perkins@midhosp.org

Lawrence and Memorial Hospital

L & M Hospital, Conference Room 3
1st Tuesday of the month, 4:00 – 5:30 p.m.
Contact: Carol Vara, MSW or Mary Sweeney
(860)442-0711 x 2483 or x 2078

Senior Resources – Agency on Aging

Lori Rygielski, 860.887.3561 ext. 127
Last Tuesday of each month, 3:00 pm
165 McKinley Avenue, Norwich, CT

Participants are asked to wear masks and provide proof of COVID vaccination.

Bereavement Support Groups

Middlesex Hospital

Virtual/Online Session

Every 2 weeks on Tuesday, 5:30 – 7:00p.m.

Register online at <https://middlesexhealth.org/hospice-care/support-group-registration/support-group-registration>

The Estuary

Bereavement Group

Micaela Finnegan (860)388-1611 x204

Montville Senior Center

12 Maple Avenue, Uncasville

Every Friday, 3:00 – 4:00 p.m.

Sign Up at (860)848-0422

Brian's Healing Hearts

Loss of Spouse or Partner Support Group

1st and 3rd Wednesday of each month

6:30 – 8:00 p.m.

2nd and 4th Wednesday

10:00 – 11:30 a.m.

<https://brianshealinghearts.org/resources/grief-support-programs/>

or call (860)451-8354

Center for Hospice Care

Bereavement Counseling

227 Dunham Street, Norwich

(860)848-5699 Toll Free 1 (877)654-4035

Day Kimball Healthcare

Evening Bereavement Group, 5:00 – 6:00 p.m.

Day Bereavement Group 12:00 – 1:00 p.m.

Registration Required

Suzon Warner (860)928-0422 x7316

Alzheimer's and Dementia Support Groups

Groton Senior Center

102 Newtown Road, Groton
Tomi Stanley (860)441-6785 or TStanley@groton-ct.gov
2nd Monday of every month, 10:00 – 11:00 a.m.
www.alz.org to learn more about caregiver programs

Alzheimer's Association – CT Chapter

2nd Thursday of the month, 1:30 – 2:30 p.m.
Quinebaug Valley Senior Center
69 South Main Street, Brooklyn
Kathy Demers (860)377-6416 kdemers48@gmail.com
Jean Ann Moore (860)208-2673 jamorre@snet.net

Hartford HealthCare Center for Healthy Aging

Virtual Dementia Caregivers Support Group
Call (860)972-6338 and enter 19623# when prompted
Mondays at 10:00 a.m.
Tuesdays at 3:00 p.m.
Wednesdays at 10:00 a.m.
Fridays at 2:00 p.m.
Questions email: Adrienne.DeVivo@hhchealth.org

Hartford Healthcare Windham Hospital

Alzheimer's Caregivers Group
3rd Wednesday of every month, 10:00 a.m.
Johnson Room, 3rd Floor, Windham Hospital
For information call: (860)456-6785

Chestelm Health and Rehabilitation Center

534 Town Street, Moodus
3rd Wednesday of the month, 4:00 p.m.
To register contact Marie Sola
(860)873-6555 or recreation@chestelm.com

Mind Matters, LLC

801 Poquonnock Road, Groton
2nd Tuesday of every month, 6:30 – 7:30 p.m.
Contact: robin@mindmatters@gmail.com

Griswold Senior Center

Dementia Caretaker Support Group
Every 2 weeks on Thursdays via Zoom
To register call: (860) 376-2604

LiveWell Dementia Specialists

Virtual Meetings 2nd & 4th Wednesday of the month: 3:30 – 5:00 p.m.
<https://livewell.org/project/virtual-care-partner-support-group/>

Parkinson's Disease Support Groups

Windham Hospital Family Healthcare Center

5 Founder Street, Willimantic, 2nd floor conference room

2nd Wednesday of every month, 1:00 – 2:00 p.m.

1 (855) HHC-HERE to Register

A support session for patients, family, and caregivers will be followed by
30 minutes of LSVT Loud activities

CT Parkinson's Disease Working Group

Grace Evangelical Lutheran Church

1055 Randolph Road, Middletown

3rd Saturday of the month, 10:00 a.m. – 12:00 p.m.

Most meetings are virtual at this time.

Call (860)704-9519

Email: martha.jaffe@cpwg.org

Day Kimball Healthcare

Parkinson's Disease Monthly Support Group

For information contact:

Victor Gregoire (860)774-6143

Hartford Healthcare

Parkinson's Living Room Online Support Group

4th Friday of the month, 1:00 p.m.

For information call (860)870-6385

<https://hartfordhealthcare.org/file%20library/services/pdfs/cfmdc-pd-living-room-flyer.pdf>

Lawrence and Memorial Hospital

Windham Fall Estates, Activity Room, Groton

3rd Wednesday of the month, 1:00 – 3:00 p.m.

Contact: Donna Weissman (860)536-1020

Diabetes Groups

Live Well with Diabetes

6-Week Workshop

Learn how to better manage your ongoing health condition.

To register contact Lori Rygielski

(860)887-3561 x 127 or lrygielski@seniorresourcesec.org

Hartford HealthCare Windham Hospital

Windham Hospital Diabetes Education Classroom

112 Mansfield Ave, Willimantic

1st Wednesday of every month, 1:00 p.m. or 6:00 p.m.

Call to register 1 (855) HHC-HERE

Lawrence and Memorial Hospital

Joslin Diabetes Center affiliate at L & M Hospital

For location and time contact: Joslin (860)444-3366

Substance Abuse Groups

Nar-Anon

"Steps" to Serenity" Support Group

For Information go to www.naranonctma.org

Or Contact (860)377-8309

Al-Anon

Al-Anon Face Alcoholism

For Information go to www.ctalanon.org

Or Contact 1 (888)825-2666