

# 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  
2<sup>nd</sup> 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](mailto:lbergstrom@usmhs.org)  
United Services, 303 Putnam Road, Wauregan  
2<sup>nd</sup> 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  
1<sup>st</sup> Wednesday of each month

# Caregiver Support Groups

## **Mansfield Senior Center**

303 Maple Road, Mansfield  
Yamil Figueroa (860)487-9875 [figueroay@mansfieldct.org](mailto: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](mailto:joan.perkins@midhosp.org)

## **Lawrence and Memorial Hospital**

L & M Hospital, Conference Room 3  
1st Tuesday of the month, 4:00 – 5:30p.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

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month

6:30 – 8:00 p.m.

2<sup>nd</sup> and 4<sup>th</sup> 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](mailto:TStanley@groton-ct.gov)  
2<sup>nd</sup> Monday of every month, 10:00 – 11:00 a.m.  
[www.alz.org](http://www.alz.org) to learn more about caregiver programs

## **Alzheimer's Association – CT Chapter**

2<sup>nd</sup> 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](mailto:kdemers48@gmail.com)  
Jean Ann Moore (860)208-2673 [jamorre@snet.net](mailto: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](mailto:Adrienne.DeVivo@hhchealth.org)

## **Hartford Healthcare Windham Hospital**

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

## **Chestelm Health and Rehabilitation Center**

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

## **Mind Matters. LLC**

801 Poquonnock Road, Groton  
2<sup>nd</sup> Tuesday of every month, 6:30 – 7:30 p.m.  
Contact: [robin@mindmatters@gmail.com](mailto: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 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the month: 3:30 – 5:00 p.m.  
<https://livewell.org/project/virtual-care-partner-support-group/>

### **Lewy Body Dementia Support Group**

Monthly group is intended for caregivers of those with Lewy body dementia.

Group is held virtually through Zoom.

Fourth Wednesday of each month from 6:30-7:30pm. For more information, please contact [lorifernand88@gmail.com](mailto:lorifernand88@gmail.com).

## **Parkinson's Disease Support Groups**

### **Windham Hospital Family Healthcare Center**

5 Founder Street, Willimantic, 2<sup>nd</sup> floor conference room

2<sup>nd</sup> Wednesday of every month, 1:00 – 2:00p.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

3<sup>rd</sup> 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](mailto: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

4<sup>th</sup> 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

3<sup>rd</sup> 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](mailto:lrygielski@seniorresourcesec.org)

## **Hartford HealthCare Windham Hospital**

Windham Hospital Diabetes Education Classroom

112 Mansfield Ave, Willimantic

1<sup>st</sup> 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](http://www.naranonctma.org)

Or Contact (860)377-8309

## **Al-Anon**

Al-Anon Face Alcoholism

For Information go to [www.ctalanon.org](http://www.ctalanon.org)

Or Contact 1 (888)825-2666