# 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](mailto: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](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 – 5:30 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-](https://middlesexhealth.org/hospice-care/support-group-registration/support-group-registration) [registration/support-group-registration](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](mailto:TStanley@groton-ct.gov) 2nd 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

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](mailto:kdemers48@gmail.com)

Jean Ann Moore (860)208-2673 [jamorre@snet.net](mailto:kdemers48@gmail.com)

## 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: [Adrianne.DeVivo@hhchealth.org](mailto:Adrianne.DeVivo@hhchealth.org)

## Hartford Healthcare Windham Hospital

Alzheimer’s [Caregivers Group](mailto:Adrianne.DeVivo@hhchealth.org)

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](mailto:recreation@chestelm.comMind)

## [Mind Matters, LLC](mailto:recreation@chestelm.comMind)

801 Poquonnock [Road, Groton](mailto:recreation@chestelm.com)

2nd 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 2nd & 4th 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, 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 pati[ents, family, and caregiver](mailto:martha.jaffe@cpwg.org)s 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 meeting are virtual at this time.

Call (860)704-9519

Email: [martha.jaffe@cpwg.org](mailto:martha.jaffe@cpwg.org)

## [Day Kimball Healthcare](https://hartfordhealthcare.org/file%20library/services/pdfs/cfmdc-pd-living-room-flyer.pdf)

Parkinson’s Disea[se Monthl](https://hartfordhealthcare.org/file%20library/services/pdfs/cfmdc-pd-living-room-flyer.pdf)y 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-](https://hartfordhealthcare.org/file%20library/services/pdfs/cfmdc-pd-living-room-flyer.pdf) [flyer.pdf](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](mailto: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](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