



CAREGIVER ALLIANCE
FAMILY EMPOWERMENT

Join other caregivers for refreshments and discussion in a caring, relaxed, and confidential setting. Our groups explore the demands and ways to cope with caring for a loved one and provide valuable information and resources. These groups are open to all current and former caregivers of an elderly relative, partner or friend. All groups listed are offered free of charge.

Please be sure to RSVP to the appropriate contact before attending a support group. Thank you!

- Caregiver Support Group ROXBURY:
Third Friday of every month 10 am - 11:30 am, Contact Vladimir Nivoroshkin at 617-277-7416 ext. 184
Email: vnivoroshkin@centralboston.org
 - Caregiver Support Group ROSLINDALE:
"Taking care of me" Third Monday of every month, at 6 p.m. Contact Leslie Ahern at 617-477-6676 or
Email: LAhern@ethocare.org
 - Caregiver Support Group Downtown Crossing:
Third Thursday of every month, 12:30 - 2:00 p.m. at St Anthony's Shrine on Arch Street. Contact Damon Syphers at 617-443-4370 or Email: dsyphers@bshcinfo.org
 - Caregiver Support Group SOUTH BOSTON:
First Tuesday of every month, 11 a.m. - 12:30 p.m. At Marian Manor Nursing Home. Contact Damon Syphers at 617-443-4370 or Email: dsyphers@bshcinfo.org
 - Caregiver Support Group REVERE (CRW Elder Services)
Third Tuesday of every month, at 6:30 p.m. Contact Melissa King at 617-884-2500 or Email: MKing@crwelderservices.org
 - Caregiver Support Group CHELSEA (CRW Elder Services) Alzheimer's Disease And Dementia Specific First Wednesday of every month, at 6:30 p.m. Contact Melissa King at 617-884-2500 or Email: MKing@crwelderservices.org
 - Alzheimer & Dementia Care Coaching- A Positive Approach. ROSLINDALE "Smoother Sailing"
First Monday of every month at 6 p.m. Contact Leslie Ahern at 617-477-6676 or Email: LAhern@ethocare.org
 - Alzheimer & Dementia Support Group for Spanish Speakers. Jamaica Plain.
Third Monday of the Month 9:30—11 a.m. Contact Vladimir Nivoroshkin at 617-277-7416 ext. 184
Email: vnivoroshkin@centralboston.org
 - LGBT (Lesbian, Gay, Bisexual, Transgender) Support Group: Jamaica Plain
First Monday of the Month 6 – 7:30 p.m.
Contact Joanne Peskowitz at 617-271-4182
 - RUSSIAN Speaking Caregiver Support Group in Brighton:
Third Thursday of the month from 5:00 – 6:30 p.m.
Contact Vladimir Nivoroshkin at 617-277-7416 ext. 184 or Email: vnivoroshkin@centralboston.org
 - VIETNAMESE Speaking General Caregiver Support Group in Dorchester:
Third Tuesday of the month from 10 – 11:30 a.m.
Contact Phuong (Diane) Slawson at 617-277-7416 ext. 186 or Email: PSlwason@centralboston.org
 - VIETNAMESE Speaking Women Caregiver Support Group in Dorchester:
Third Friday of the month from 10 – 11:30 a.m. Contact Phuong (Diane) Slawson at 617-277-7416 ext. 186 or Email: PSlwason@centralboston.org
 - Haitian Creole Speaking Caregiver Support Group in Dorchester:
Third Friday of the month from 12:00 – 3:00 p.m.
Contact Shirley Bernier at 617-277-7416 ext. 187 or Email: sbernier@centralboston.org
- *****
- Support Group for GRANDPARENTS RAISING GRANDCHILDREN (1) 2nd and 4th Tuesday of the Month 10 am - 12 pm in Jamaica Plain
Contact Charity Bell at 617-983-5800
 - Support Group for GRANDPARENTS RAISING GRANDCHILDREN (2) 2nd and 4th Thursday of the Month 10 am - 12 pm Jamaica Plain Contact Charity Bell at 617-983-5800