



**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
vnivoroshkin@centralboston.org
- Caregiver Support Group ROSLINDALE:
(Taking Care of Me)
Third Monday of every month, at 6 p.m. Contact Leslie Ahern at 617-522-6700 or Email: LAhern@ethocare.org
- Caregiver Support Group SOUTH BOSTON:
(At The Marion Manor)
First Tuesday of every month, 11 a.m.—12:30 p.m. at the Marion Manor Nursing Home. Contact Damon Syphers at 617-443-4370 or Email: dsyphers@bshcinfo.org
- Caregiver Support Group Downtown Crossing:
Third Thursday of every month, 12:30—2:00 p.m. Contact Damon Syphers at 617-443-4370 or Email: dsyphers@bshcinfo.org
- Caregiver Support Group Downtown Crossing / Boston City Hall:
Fourth Wednesday of the month, 12:00 PM - 1:00 PM at the Piemonte Room, 5th floor, Boston City Hall.
Contact Betsy Downton at 617-635-3979
Email: Elizabeth.Downton@cityofboston.gov
All welcome. Feel free to bring your lunch.
- 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 617-522-6700 or Email: LAhern@ethocare.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: 617-277-7416 ext. 184 or Email: vnivoroshkin@centralboston.org
- VIETNAMESE Speaking 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
- Support Group for GRANDPARENTS RAISING GRANDCHILDREN: MSPCC Grandparents Raising Grandchildren Program Support Groups
To RSVP for these support groups, please call: Charity Bell: 617-983-5800
 - Every Second And Fourth Tuesday of the month from: 10 am—12 pm in Jamaica Plain, MA.
 - Every Second And Fourth Thursday of the month from: 10 am—12 pm in Jamaica Plain, MA.