

Virtual Family Caregiver Support Groups & Webinars

We all need help from time to time, especially when caring for a loved one. It is easy to feel like you *SHOULD* help just because you are family. If you feel unhappy, tired, or stressed over it, guilt may set in. Talking in a group with others who share the same or similar feelings can help relieve the pressure you may put on yourself.

Due to COVID, we are still living in uncertain times. Even though in-person events are cautiously resuming, you may still feel more comfortable attending virtual support groups. CaregivingMetroWest.org has found a few family caregiver support groups that you can attend virtually!

CAREGIVING SUPPORT GROUP

Hopkinton Senior Center

Virtual* on Fridays at 10:30 a.m.

Dates: 8/6, 8/20, 9/2 & 9/17

(508) 497-0108

info@ourtimememorycafe.org

Are you caring for a parent, spouse, partner, or close friend? Are you feeling overwhelmed or isolated?

This group provides an opportunity for learning and space for you to share your concerns with others who face similar challenges.

In-person meetings are Wednesday 8/18, 9/3 & 9/17
(This depends on COVID restrictions, please call first)*

POWERFUL TOOLS FOR CAREGIVERS

Natick Senior Center

Virtual on Wednesdays at 10:30 a.m.

Dates: 8/25 - 9/29 (Intro session 7/21 or 8/4)

(508) 674-6540

kedwards@natickma.org

Learn to reduce caregiver stress, improve self-confidence, time management, goal setting, voicing your feelings, and complex problem-solving skills.

This 6-week workshop.

The program is free and is partially made possible by funding from the Older Americans Act, as granted through BayPath Elder Services.

CAREGIVING SUPPORT GROUP

Needham Senior Center

Virtual**

Dates: 2nd Monday of each Month (Aug = 8/9)

kcusack@needhamma.gov

*** You can also attend in-person at Center at the Heights
(this depends on COVID restrictions - please call first.)*

Caregiving can be a lonely and isolating experience. This group offers the opportunity for members to share experiences, information, and encouragement. Group members share their perspectives, learned tools, and how they approach their caregiving journey.

Guest speakers will also share info about local resources.

****NOTE: Due to continually changing regulations for safeguarding from COVID, any in-person meetings are subject to change.**

Because of this, virtual scheduling may need to change as well. Therefore, we recommend that you please confirm the dates and times listed with the contacts provided for each of these support resources.