

Reaching Out: Caregiver Support Groups in Western Connecticut

The emotional and physical demands involved with caregiving can strain even the most capable person. That's why it's so important to take advantage of available help and support. Among the many tips that have helped others deal with caregiver stress, belonging to a support group ranks high. A support group can be a great source for encouragement and advice from others in similar situations. It can also be a good place to make new friends. Joining a group can reduce the isolation often involved in caregiving. It offers an opportunity to reach out and meet others who can share your struggles and joys.

Below are a number of support groups in our region. We encourage you to call ahead to confirm that the group will meet as scheduled:

Alzheimer's Caregiver Support Groups

The Village at Brookfield Common, 264A Federal Road, Brookfield, CT
203-775-8696

Contact: Lauren - Program Director @ Harbor

Meets 1st Saturday of the month at 10:30 a.m. and 3rd Wednesday at 6:30 p.m.

Call to register

Geer Adult Day Center, 83 South Canaan Road, Canaan, CT
860-824-7067

Contact: Nancy Ongley

Meets 2nd Wednesday of the month at 1:00 p.m.

Candlewood Valley Health & Rehabilitation, 30 Park Lane East, New Milford, CT
860-355-0971

Contact: Cindy LaCour, cindyl@transconbuilders.com

Meets 1st Wednesday of the month at 12:00 p.m.

Maplewood at Newtown, 166 Mount Pleasant Road, Newtown, CT
203-426-8118

Contact: Patricia DiDomenico, Program Director

Meets 3rd Thursday of the month from 6:30-8:00 p.m.

Masonicare at Newtown, 139 Toddy Hill Road, Newtown, CT
203-364-3104

Contact: Debbie Smeriglio LCSW, dsmeriglio@masonicare.org

Meets 1st Monday of the month from 1:30-2:30 p.m.

The Jewish Federation of Western CT, 444 Main Street North, Southbury, CT
203-267-3177

Contact: Debby Horowitz, dhorowitz@ifed.net

Meets 2nd Thursday of the month at 1:30 p.m.

Village at East Farms, 180 Scott Road, Waterbury, CT
203-757-7660

Contact: Radi Bellemare, rbellemare@benchmarkquality.com, Director of community relations

Meets 1st Wednesday of the month at 6 p.m. @ the Harbor Bldg.

Call for information and registration

Cancer Support Service for Caregivers

Ann's Place, The Home of I Can, 39 Old Ridgebury Road, Suite 17, Danbury, CT

203-790-6568

Meets 1st and 3rd Wednesday of the month from 6:30-8:00 p.m.

Call to register

Harold Leever Regional Cancer Center, 1075 Chase Parkway, Waterbury, CT

203-575-5555

Various support groups, website: <http://www.leeevercancercenter.org/content/56/default.aspx>

Call for information and times of caregiver support groups

Family Caregiver Support Groups

The Kent Specialty Care Facility, 46 Maple Street, Kent, CT

860-927-5368

Contact: Donna Winn

Meets 3rd Saturday of the month at 12:00 p.m.

Cheshire Senior Center, 240 Maple Avenue, Cheshire, CT

203-272-8286

Contact: Stephanie Therous

Meets 4th Wednesday of the month at 10:00 a.m.

Schedule subject to change; please call in advance.

New Milford Visiting Nurse Association

Richmond Building (New Milford Senior Center), 40 Main Street, New Milford, CT

860-355-6075

Meets 1st and 3rd Tuesday of the month from 10:00-11:30 a.m.

Noble Horizons, 17 Cobble Road, Salisbury, CT
860-435-9851 Ext. 141
Contact: Judy Sheridan
Dates and time subject to change, please call for information.

Wolcott View Manor, 50 Beach Road, Wolcott, CT
203-879-8066 Ext. 255
Contact: Jennifer Saraceno
Meets 1st Thursday of the month from 6:00-7:00 p.m.

Grandparent Raising Grandchildren Support Groups

Grandparents as Parents Support Groups (GAPS)
Family & Children Aid, 75 West Street, Danbury, CT
203-748-5689
Contact: Angela Allen
Meets weekly at Thursday from 6:00-7:30 p.m. and Friday from 9:30-11:00 a.m.

Naugatuck YMCA, 284 Church Street, Naugatuck, CT
203-729-9622
Contact: Karen Lineweber, www.naugatuckymca.org
Call for information and registration

South Windsor Youth & Family Service, 150 Nevers Road, South Windsor, CT
860-648-6361 Ext. 314
Contact: Virginia Molleur, virginia.molleur@southwindsor.org
Meets the Last Tuesday of the month at the Charles Enes Community Center from 10:00-11:30 a.m.

Relatives Raising Relatives, 57 Forest Court, 2nd Floor, Torrington, CT
860-489-8552
Contact: Michelle Anderson
Meets 3rd Saturday of the month from 10:00-12:00 p.m.
Call to register with Michelle Anderson

New Opportunities, Inc. Elder Services, 232 North Elm Street, Waterbury, CT
Grandparents Raising Grandchildren
203-575-4245
Contact: Meg McCreedy, mmcreeedy@newopportunitiesdinc.org
Meets 3rd Monday of the month from 11:30-1:00 p.m.

Bereavement Groups

Foothills Visiting Nurse, 32 Union Street, Winsted, CT

860-379-8561

Contact: Martha Babbitt

Two group opportunities:

Meets 4th Tuesday of the month from 1:00-3:00 p.m. and structured groups in the spring and fall.

Call to register

St. Mary's Hospital, Beyond Grief Support Group, 56 Franklin Street, Waterbury, CT

203-437-3145

Contact: Krystal Hale

Dates and time subject to change, please call for information.

Call for schedule and to register

New Milford VNA & Hospice, 68 Park Lane (Rt. 202), New Milford, CT

860-354-2216

Meets 1st and 3rd Thursday of the month from 6:30-8:00 p.m.

Sullivan Senior Center, Living Beyond Loss, 88 Albert Street, Torrington, CT

860-489-2211

Contact: Catherine Vlasto, seniorcenter@torringtonct.org

Meets 1st and 3rd Wednesday of the month at 6:00 p.m.

If you run or attend other caregiver support groups in our areas, please contact Michelle Dillane, National Family Caregiver Support Coordinator, at 203-757-5449