

Reach Out: Caregiver Support Groups in Western CT

The act of caregiving bears an emotional and physical weight on those in that role, emphasizing the need for support, encouragement, and community. A caregiver support group can be a great resource by providing a safe space for caregivers to share stories, offer advice, and practice active listening that cultivates an environment that nurtures strength, hope, and wellness in all who participate.

Below are several 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

Phone: (203) 349-6527

Address: 246A Federal Road, Brookfield, Connecticut 06804

Geer Village Senior Community

Phone: (860) 824-2600

Address: 77 South Canaan Road, North Canaan, CT 06018

Candlewood Rehabilitation and Healthcare Center

Phone: (860) 355-0971

Address: 30 Park Lane East, New Milford, CT 06776

Maplewood At Newtown

Phone: (475) 259-2734

Address: 166 Mount Pleasant Road, Newtown, CT 06470

Masonicare at Newington

Phone: (860) 847-3991 or (888) 415-5593

Address: 2125 Main Street, Newington, CT 06111

Jewish Federation of Western CT

Phone: (203) 267-3177

Email: Infojewishfederation@jfed.net

Address: 444 Main Street North, Southbury, CT 06488

The Village at East Farms

Phone: (203) 590-8695 or (203) 864-6601

Address: 180 Scott Road, Waterbury, CT 06705

Cancer Support Service for Caregivers

Ann's Place Community-Based Cancer Support

Phone: (203) 790-6568

Email: Info@annsplace.org

Address: 80 Saw Mill Road, Danbury, CT 06810

Center Hours: Monday – Thursday 9:00AM-5:00PM, Friday – 9:00AM-3:00PM

The Harold Leever Regional Cancer Center

Phone: (203) 575-5555

Address: 1075 Chase Parkway, Waterbury, CT 06708

Center Hours: 7:00AM-5:00PM

Cancer Patient Support Group in Charlotte Hungerford Hospital

Phone: (860) 482-5384

Address: 200 Kenedy Drive, Torrington CT

Hours: The first Monday of each month from 4:00PM-5:00PM

Family Caregiver Support Groups

The Goldstone Caregiver Center at Danbury Hospital

Phone: (203) 739-7027

Email: Jennifer.salkin@nuvancehealth.org

Address: 24 Hospital Avenue, Danbury, CT 06810

Cheshire Senior Center

Phone: (203) 272-8286

Email: STheroux@chesirect.gov (Stephanie Theroux)

Address: 240 Maple Avenue, Cheshire, CT 06410

Office Hours: Monday – Friday 8:30AM-4:00PM

New Milford Senior Center

Phone: (860) 355-6075

Email: senior@newmilfordct.gov

Address: 40 Main Street, New Milford, CT 06776

Office Hours: Monday – Friday 8:00AM-4:00PM

Keystone Place at Newbury Brook

Phone: (959) 799-0005

Address: 1058 Litchfield Street, Torrington, CT 06790

Hours: First Wednesday of each month at 6:00PM

Litchfield Community Center

Phone: (860) 567-8302

Address: 421 Bantam Road, Litchfield CT 06759

Hours: First Monday of each month at 12:30PM

Grandparent Raising Grandchildren Support Groups

South Windsor Youth & Family Services

Phone: (860) 648-6361 or (860) 648-5050 (Liz Langevin)

Address: 150 Nevers Road, South Windsor, CT 06074

Brooker Memorial (RAPP)

Phone: (860) 489-1328 Ext.129

Website: [Relatives As Parents Program - Brooker Memorial](#)

Address: 157 Litchfield Street, Torrington, CT

Grandparents Raising Grandchildren Program- New Opportunities Inc.

Phone: (203) 575-4245

Email: mmccreedy@newopportunitiesdinc.org (Meg McCreedy)

Address: 232 North Elm Street, Waterbury, CT 06702

Relatives As Parents (Annie C.)

Phone: (475) 235-2184 or (203) 250-8061 for After Hours

Website: [Home - Annie C. Courtney Foundation, Inc.](#)

Address: 15 Boyden Street #8, Waterbury CT 06704

Bereavement Groups

Grief Recovery Method Grief Support Group

Phone: (203) 739-7135

Email: beryl.knudsen@nuvancehealth.org (Chaplin Beryl Knudsen)

Address: 24 Hospital Avenue, Danbury CT 06810

Living With Loss Support Group

Phone: (203) 739-7027

Email: jennifer.salkin@nuvancehealth.org

Address: 24 Hospital Avenue, Danbury CT 06810

Stay in Touch

Phone: (203) 739-7762

Email: juanita.harris@nuvancehealth.org

Address: 24 Hospital Avenue, Danbury CT 06810

General Bereavement Support Groups – Masonicare

Phone: (203) 679-5300

Address: 22 Masonic Avenue, Wallingford, CT 06492

New Milford VNA & Hospice

Phone: (860) 353-2216

Address: 68 Park Lane Road (Route 202), New Milford, CT 06776

Hours: First & Third Thursday of each Month: 6:30PM-8:00PM

If you run or attend other caregiver support groups in our area, please contact us at (203) 757-5449. Thank you.