

CARING FOR AGING FAMILY MEMBERS SUPPORT / DISCUSSION GROUPS

You're not alone! Connect with other caregivers in a safe setting.
Find out what's working for other people.

Biddeford: For caregivers of people with dementia. **NEW DAY:** 2nd Monday of the month, 3 – 4:30 PM, at Community Partners, Inc. Contact Barbara Alberda at 229-4308.

Bridgton: 2nd Wednesday of the month, 1:00 – 2:30 PM, at the Bridgton Community Center. Contact Ann O'Sullivan at 1-800-427-7411 x 541. Respite care is available on site.

Scarborough: 4th Thursday of the month, from noon to 1 PM at SMAA. Contact Kate Cole Fallon at 1-800-427-7411 x 558.

York: Caregiver support group for family and friends assisting an older adult with a chronic condition, 3rd Tuesday of the month, from 1 – 2 PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 351-3700.

Other areas: Please call Kate or Ann at SMAA's Family Caregiver Support Program if you are looking for a group in another area. 1-800-427-7411

KINSHIP / GRANDPARENT SUPPORT GROUP

Sanford: Wee Care, support and discussion for kinship parents and grandparents helping to raise children, 2nd Wednesday of the month, 5:30 – 7:00 PM. Supper and child care available. Contact Thea Murphy at Trafton Senior Center, at 457-0080.

ON-LINE DISCUSSION AND SUPPORT GROUP

Online support group: This **private Yahoo! message board** is available 24/7. If you are caring for an aging family member or friend, and you have Internet access, please join us! Contact Kate at SMAA, 1-800-427-7411 or online@smaaa.org.

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