

Caregiver Support Group



Waveny LifeCare Network holds a bi-weekly public support group for caregivers coping with the impacts of Alzheimer's disease and dementia. Our group is sponsored by the Alzheimer's Association Connecticut Chapter and focuses on the enormous responsibility of caring for a loved one with memory impairment.

In addition to providing guidance and advice, our support group offers participants the opportunity to meet others facing similar challenges. When caregivers take the necessary time to attend to their own physical, mental and emotional well-being, the recipients of their care benefit, too.

Join us and discover opportunities for personal growth and understanding. We welcome caregivers, family members and friends from all areas to attend, and encourage group participants to invite others who may benefit from our open forum and supportive environment.

To learn more or to join us, please contact:

Kate Bacon, LMSW
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Meeting Information

Meetings are held on Waveny's Main Campus in the Lila and Harry Coleman Library on the second and fourth Tuesday of each month at 1:45 p.m. Meetings last for approximately an hour.

2019 Meeting Dates

January.....	8 & 22
February.....	12 & 26
March.....	12 & 26
April.....	9 & 23
May.....	14 & 28
June.....	11 & 25
July.....	9 & 23
August.....	13 & 27
September.....	10 & 24
October.....	8 & 22
November.....	12 & 26
December.....	10

Join Us!

Come share your unique experiences, learn problem-solving techniques, gain information about community resources relevant to your needs, and reduce your stress level while in good company. Enjoy networking, peer support, and meeting new friends with similar caregiving responsibilities.



Main Campus

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