

Caregiver Support Groups

All groups conducted in English and at no charge unless otherwise noted

Caregiver Support Group (Boulder) Hybrid

- For adult children concerned about or caring for aging parents
- Sponsored by Boulder Jewish Family Service
- Facilitated by Jodi Ansell, MSW and Stuart Feinhor, MA
- Meets first Wednesday of each month, 5-6:30PM.
- <https://us02web.zoom.us/j/84783153009>
- In person (6007 Oreg Ave., Boulder) and virtual option
- For information: Call Stuart at 720-248-4684

Caregiver Support Group (Boulder) In Person \$\$\$

- For SPOUSES and partners of older adults
- Facilitated by Ellen Knapp, LPC and George Ramsey, LPC
- Meets first and third Wednesday of every month, 3-4:30PM.
- \$30 session, meets outside, weather permitting, otherwise indoors
- For location and other information: Ellen, 720-217-9614 or ellen@ellenknapp.com

Caregiver Support Group (Longmont) In Person

- For family caregivers of older adults with any health conditions, not limited to dementia
- Facilitated by Kayleigh Schernbeck, LCSW, and a peer support volunteer
- Meets first Monday of each month, 6 – 7:30 p.m. (if the first Monday is a holiday, meets on second Monday)
Longmont Senior Center, 910 Longs Peak Avenue, Longmont
- For information: Kayleigh, 303-774-4497 Advance registration is not required

Cancer Caregivers Support Group Phone / Online

- For caregivers of people with cancer of any age (spouses, children, parents, friends)
- Sponsored by Boulder Community Health
- Facilitated by Claire McCarrison, LCSW
- Meets online first Thursday of every month, 4:30-5:30PM
- For information: Claire, 858-254-1288 or clairemcc8@comcast.net

Alzheimer's Association Sponsored Caregiver Support Groups

Grieving through Dementia Support Group (Boulder) Phone/Online

- For caregivers of persons with Alzheimer's disease or a related dementia
- Sponsored by Alzheimer's Association of Colorado
- Meets second and fourth Wednesdays of each month, 10:00 – 11:30AM
- For information: Alzheimer's Association Helpline, 1-800-272-3900, or www.alz.org/co

Dementia Caregiver Support Group (Boulder) In Person

- For caregivers of persons with Alzheimer's disease or a related dementia
- Sponsored by Alzheimer's Association of Colorado
- Meets first Thursday of each month, 12:00-1:30PM
- For information: Alzheimer's Association Helpline, 1-800-272-3900, or alz.org/co to register

Men's Dementia Caregiver Support Group (Boulder) In Person

For male caregivers of persons with Alzheimer's disease or related dementia, led by men

- Sponsored by Alzheimer's Association of Colorado
- Meets first and third Wednesday of each month, 1 – 2PM
- West Age Well Center, 909 Arapahoe Ave. Boulder
- For information: Alzheimer's Association Helpline, 1-800-272-3900, or alz.org/co

Dementia Caregiver Support Group (Erie) In Person

- For caregivers of persons with Alzheimer's disease or a related dementia
- Sponsored by Alzheimer's Association of Colorado
- Meets first and third Thursday of each month, 4-5:30PM at Erie Community Center, 450 Powers Street, Erie
- For information: Alzheimer's Association 1-800-272-3900 or alz.org/co

Dementia Caregiver Support Group (Longmont) In Person

- Alz Assoc group for family caregivers of older adults with dementia
- Facilitated by Brandy Queen, LPC and a peer support volunteer
- Meets second Tuesday of each month, 12-1:30PM at Longmont Senior Center, 910 Longs Peak Ave Lgmt
- For information: Brandy, 303-651-8414. Advance registration is not required.

Dementia Caregiver Support Group (Lafayette) In Person

- For caregivers of persons with Alzheimer's disease or a related dementia
- Sponsored by Alzheimer's Association of Colorado
- Meets second Wednesday of each month, 6:30-8:00PM at The Peaks at Laramie Trail, 660 Old Laramie Trail, Laf
- For information: Alzheimer's Association Helpline, 1-800-272-3900, or alz.org/co

Dementia Caregiver Support Group (Niwot) In Person

- For caregivers of persons with Alzheimer's disease or a related dementia
- Sponsored by Alzheimer's Association of Colorado
- Meets second Tuesday of each month, 10-11:30AM
- Una Vida, 7960 Niwot Rd, Unit B-12 Niwot
- For information: Alzheimer's Association Helpline, 1-800-272-3900, or alz.org/co to register

OTHER ITEMS OF INTEREST

Caregiver TeleConnection Educational Information through WellMed Phone

- Conference call on various topics at no cost. Topics vary month to month.
- Telephone: 1-866-390-6491
- Email: caregiversos@wellmed.net

AARP Caregiving Resource Line, a toll-free, specialized call center (877/333-5885 in English and 888-971-2013 in Spanish) There are currently more than a dozen agents trained to answer caregiving-related inquiries. There are “discussion groups” on the website that can be posted with opportunity to respond but no support groups.

Topics on the website (dressing, venting, early onset, etc), www.AlzConnected.org/discussions

Self-guided Alzheimer’s Association classes are always offered online 24/7 at <https://training.alz.org/>.