



**CARE IN THE COMMUNITY
CAREGIVER SUPPORT GROUPS**

A caregiver support group is one way to share your feelings among people who may be going through the same experiences that you are living each day.

Support groups allow you to talk about your problems and listen to others share their experiences. You can learn about resources, caregiving strategies and other valuable help. Most important, you'll find out that you're not alone. You'll feel better knowing that other people are in the same situation, and their knowledge can be invaluable, especially if they're dealing with the same illness that you are.

The Alzheimer's Association maintains affiliated support groups at no charge to families. The updated list is available at Alzheimer's Association Connecticut chapter. Select [Support Group Listings](#).

Bridgeport	Darien
<p><u>Yale Newhaven Health</u> <u>BRIDGEPORT HOSPITAL</u> 267 Grant Street Bridgeport, CT 06610 (203) 384-3704</p>	<p><u>Caregiver Educational Support Group</u> Mather Center, 2 Renshaw Road Darien, CT 06820 Elizabeth Paris, (203) 656-7490 3rd Wednesday of every month from 1:00- 2:30</p>
	Greenwich
<p><u>Jewish Senior Services</u> 4200 Park Avenue Bridgeport, CT 06604 (203) 365-6400</p>	<p><u>Family Centers Center for Hope</u> 40 Arch Street Greenwich CT 06830 (203) 655-4693 Bereavement/ Thurs-2:30pm-4pm</p>
Cos Cob	
<p><u>River House Adult Day Care</u> 125 River Road Cos Cob, CT 06807 (203) 622-0079 Alzheimers Support Group</p>	



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		New Canaan
<u>Yale New Haven Greenwich Hospital Center for Healthy Aging</u> 5 Perryridge Road Greenwich, CT 06830 (203) 863-3892 Registration is required Bereavement Support		<u>Waveny Care Center</u> 3 Farm Road New Canaan, CT 06840 (203) 594-5200 Alzheimers Support Group
		Norwalk
<u>Jewish Family Services of Greenwich</u> One Holly Hill Lane Greenwich, CT 06830 (203) 622-1881 Bereavement Support Group		<u>Elder House</u> 7 Lewis Street Norwalk, CT 06851 (203) 847-1998 Caregiver Support Group
<u>Family Centers</u> Friendly Connections Program 22 Bridge Street Greenwich, CT 06830 (203) 629-2822 Telephone Support Groups		<u>Norwalk Senior Center</u> 11 Allen Road Norwalk, CT 06851 (203) 847-3115 Alzheimers Support Group



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		Trumbull
<p><u>Mid Fairfield Hospice</u> 761 Main Avenue Norwalk, CT 06851 (800) 898-4663 (203) 762-8958 Caregiver Support Group</p>		<p><u>Middlebrook Farms</u> 2750 Reservoir Avenue Trumbull, CT, 06611 (203) 268-2400</p>
Stratford		
<p><u>Atria of Stratford</u> 6911 Main Street Stratford, CT 06614 (203) 380-0006 Caregiver support group hosted by Julianne Ramia</p>		
<p><u>Lord Chamberlin</u> 7003 Main Street Stratford, CT 06614 (203) 375-5894 Alzheimers Support Group</p>		
<p><u>Sunset Shores</u> 720 Barnum Ave. Cut-Off Stratford, CT 06614 (203) 380-1228 Alzheimers Support Group</p>		