

Caregiver Support Group

You are invited to attend our monthly Caregiver Support Group which meets on Wednesday evenings from 5:30pm to 6:30pm. Guests are welcome to attend one group meeting, a few meetings, or all of them. Please RSVP to info@bertramhouse.org or call (781) 595-1991 to register for those support group meetings that are of interest.

These meetings are informal and welcoming to all, and are held in the Library at Bertram House of Swampscott, 565 Humphrey Street in Swampscott. Light refreshments will be served.

Wednesday, June 7th: Ambiguous Grief

We will discuss what ambiguous grief is, tips for recognizing it, and provide information on a recommended book on the subject.

Wednesday, July 12th: Finding Time for Self-Care

We will discuss the importance of self-care and ways to find some time for you.

Wednesday, August 9th: Connecting with Your Loved One

We will share and discuss ideas for connecting with your loved one who is living with memory loss.

Wednesday, September 13th: Legal and Financial Planning

We will review and discuss a fact sheet on legal & financial planning for those living with Alzheimer's or other forms of dementia.

Wednesday, October 11th: Stress and Mindfulness Tools

We will discuss how stress shows up in your own life, and give you some mindfulness tools to help relieve stress when it appears.

Wednesday, November 8th: Handling the Holidays

We will discuss the upcoming holidays and provide tips for creating special holidays that are both meaningful and manageable for your loved one with memory loss.

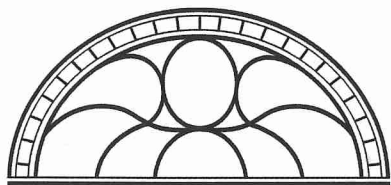
Wednesday, December 13th: Planning for Days When You Cannot Be There

We will discuss some ideas for days when you simply cannot be there...whether because of weather, vacation, or illness, for example.

Group Facilitator Cheri Callanan, CDP, CADDCT



Cheri is a Certified Dementia Practitioner whose career includes running memory care programs at both Sunrise Senior Living and Senior Living Residences, and most recently working for the LGBT Aging Project as their Community Education Specialist. Cheri has a BA in Liberal Studies & Holistic Psychology from Lesley University, and a Master's Certificate in Gerontology from Pacific University. She has also completed a Caregiver Support Group Facilitator training and a Habilitation Train-the-Trainer program with the Alzheimer's Association



Bertram House of Swampscott

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