Monthly Caregiver Support Group

2020 SCHEDULE

Thursdays
10:00-11:00 AM

January 23
Self-Care Techniques

February 27
Stages of Alzheimer’s Disease

March 26
Challenges and Managing Stress

April 23
Communication Strategies

May 28
Medical Side of Alzheimer’s Disease

June 25
Personal Care Approaches

July 23
Adapting Activities

August 27
Environmental Factors

September 24
10 Absolutes for Caregivers

October 22
Sensory Integration Approaches

November 19 *Third Thursday
Behaviors and How We Respond

December 17 *Third Thursday
Managing the Holidays

Caregiving for a loved one can be isolating and overwhelming, impacting the health and wellbeing of the caregiver. Mansfield Adult Day Health Center offers support and resources for individuals and families coping with the daily challenges of illness, disability, and aging. Caregiver support and resources are available to all, regardless of whether or not they participate in our program.

Our monthly support group is designed for caregivers of a loved one who is elderly or has a disability.

Meetings are held on the fourth* Thursday of the month, from 10:00-11:00 AM.

Research has shown that participating in caregiver support groups results in very real benefits that significantly improve the quality of life for caregivers. There are many benefits of joining a support group. Here are five to consider:

1. Feeling less lonely, isolated or judged
2. Gaining a sense of empowerment and control
3. Reducing stress, depression or anxiety and having lower rates of clinical depression; and improving your coping skills
4. Improving your caregiving ability and giving better quality of life for your loved one
5. Helping you keep your loved one at home longer


Every caregiver struggles with the day-to-day challenges of caring for their loved one; after all, caregiving is hard. Our caregiver support group is designed to help make your life easier, reduce stress, and improve your health.

We hope you will join us.