

Support for Family and Friends Helping Older Adults

Is caring for an aging family member or friend leaving you feeling
Tired... Isolated... Sad ... Guilty... Stressed?
Want to talk with other people in this situation and share ideas?

Biddeford: 3rd Monday of the month, 3—4:30 PM at Community Partners, Inc.
For caregivers of people with dementia. Contact Barbara Alberda,
229-4308

Bridgton: 2nd Wednesday of the month, 1—2:30 PM at the
Bridgton Community Center. Contact Oretta Baker at 647-8095

Portland: 1st Monday of the month, 5:30—7 PM at the MMC Geriatric Center
(66 Bramhall Street). Contact Ann O'Sullivan at 1-800-427-7411

Scarborough: 4th Thursday of the month, noon to 1 PM at SMAA. Contact
Kate Dulac at 1-800-427-7411

York: 3rd Tuesday of the month, 1 – 2 PM, at the Heart Health Institute.
Contact Susan Kelly-Westman at 351-3700

York: For people with CHF and their families, 1st Tuesday of the month,
1 – 2 PM, at the Heart Health Institute. Contact Susan Kelly-Westman
at 351-3700

On-line support group: This **24 hour/day message board** is simple enough for
even the least experienced computer user. If you are caring for an aging family
member or friend, and you have Internet access, please join us!
Contact Kate at SMAA, 1-800-427-7411 or online@smaaa.org.

Other areas: Please call Kate or Ann at SMAA if you are looking
for a group in another area. 1-800-427-7411