



CHELSEA JEWISH LIFECARE  
HARRIETT AND RALPH KAPLAN ESTATES  
ASSISTED LIVING AND MEMORY SUPPORT

# Caregiver Support Group

Hosted By Janice Glick, LICSW  
Director of Social Work at Chelsea Jewish Lifecare

This group is for active caregivers, in any amount or capacity, who are caring for someone at all stages of aging

**RSVP**

Jill Hemeon at  
857-337-8850 or email  
[Jhemeon@legacylifecare.org](mailto:Jhemeon@legacylifecare.org)

2025 Dates:    Jun 2nd  
Jan 6th        Jul 7th  
Feb 3rd        Aug 4th  
Mar 3rd        Sep 8th  
Apr 7th        Oct 6th  
May 5th        Nov 3rd  
Dec 1st

**We hope to see you there!**

SAVE  
THE  
DATE

**First Monday of  
Every Month  
3:30pm – 4:30 pm**

**Harriett & Ralph Kaplan Estates  
240 Lynnfield St, Peabody, MA 01960  
Private Dining Room**

**Participant's Capped at Ten  
Light Refreshments Provided  
Tours Available**

Our in-person monthly support meetings provide caregivers a forum to connect with one another by sharing common concerns, feelings and needs in a safe, confidential and non-judgmental atmosphere. It's a place where you know that everyone in the group understands your caregiving journey because they are experiencing the same or similar circumstances. In this peer group, each participant is free to share their hardships but also offer potential solutions and suggestions to help fellow members with their own experiences.