



SENIOR
COMMUNITY
SERVICES

Caregiver Support Groups

We recognize the critical role that caregiving family and friends play in supporting older adults in our communities.

Support groups offer a safe place for caregivers to learn from one another by sharing experiences, challenges, coping strategies, and humor.

Call 612-770-7005 with questions or to register.

A minimum participant cost-share contribution of \$5.00 per meeting is encouraged.

Bloomington - Lisa Engdahl, LSW
3rd Thursday each month
1:00 PM - 2:30 PM

Chanhausen - Lee Ann Eiden, MSW
1st Thursday each month
1:30 PM - 3:00 PM

Delano - Becky Allard, LSW
4th Monday each month
1:00 PM - 2:30 PM

Eden Prairie - Leah Oslund, MSW
3rd Thursday each month
3:00 PM - 4:30 PM

Edina - Leah Oslund, MSW
1st Thursday each month
1:00 PM - 2:30 PM

Elk River - Becky Allard, LSW
2nd Monday each month
1:30 PM - 3:00 PM

Minnetonka - Adele Mehta, LGSW
2nd Thursday each month
10:00 AM - 11:30 AM

Monticello - Becky Allard, LSW
2nd Thursday each month
10:30 AM - 12:00 PM

Plymouth - Mary Smith
3rd Wednesday each month
10:00 AM - 11:30 AM

Richfield - Leah Oslund, MSW
1st Wednesday each month
9:30 AM - 11:00AM

Rogers - Becky Allard, LSW
1st Monday each month
10:30 AM - 12:00 PM

St. Michael - Becky Allard, LSW
3rd Thursday each month
1:30 PM - 3:00 PM

Waconia - Lisa Engdahl, LSW
1st Wednesday each month
10:00 AM - 11:30 AM

Virtual via Zoom - Leah Oslund, MSW
2nd Tuesday each month
4:30 PM – 6:00 PM

Groups are open to those caring for an older adult or someone with a cognitive diagnosis. The caregiver or care receiver must reside in our service area which includes Carver, Hennepin, Scott, Sherburne, and Wright counties.

***Turn over for information
about Memory Cafes and
additional caregiver services.***



Additional Caregiver Services

MEMORY CAFES

Memory Cafés offer engaging activities each month for older adults with memory loss or other types of dementia.

While care receivers attend the activity, their caregivers may attend a support group facilitated by a licensed social worker.

Carver – Lisa Engdahl, LSW

1st Wednesday each month
1:00 PM – 2:30 PM

952-767-7890 or
l.engdahl@seniorcommunity.org

Minnetonka – Lee Ann Eiden, MSW

Focus on early stages of dementia

First Tuesday each month
1:30 PM – 3:00 PM

Focus on middle stages of dementia

Third Tuesday each month
1:30 PM – 3:00 PM

612-836-8466
minnetonkamn.gov/register

Prior Lake – Lisa Engdahl, LSW

Last Tuesday each month
3:00 PM – 4:30 PM

952-767-7890 or
l.engdahl@seniorcommunity.org

St. Michael – Becky Allard, LSW

3rd Wednesday each month
1:00 PM – 2:30 PM

612-804-0968 or
b.allard@seniorcommunity.org

Plymouth – Mary Smith

4th Monday each month
1:00 PM – 2:30 PM

612-836-8466 or
plymouth.gov/recreation

Alzheimer's Adult Child Support Group
via Zoom facilitated by Becky Allard, LSW

1st Tuesday each month
12:00 PM – 1:00 PM

Call 612-804-0968 or email
b.allard@seniorcommunity.org
for the Zoom link.

We offer **one-on-one appointments for caregiver coaching and consultation** and can connect with you in person or by Zoom, telephone or email.

We are approved to provide Caregiver Counseling and Caregiver Training covered by **Elderly Waiver and Minnesota Senior Health Options (MSHO)** programs.

To learn more, make a professional referral, or schedule a one-on-one appointment, call 612-770-7005 or visit our website at seniorcommunity.org/caregiver-support,

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