

Boulder County Caregiver Support Groups (Updated 3/28/25)

Hybrid Boulder Caregiver Support Group

When: First Wednesday of each month, 5-6:30 p.m.

Audience: Adult children concerned about or caring for aging parents

In-Person Portion: Jewish Family Service, 6007 Oreg Ave, Boulder

Zoom Link: <https://bit.ly/3F1kBkO>

Facilitators: Jodi Ansell and Stuart Feinhor

Cost: Free

Questions? Call Stuart Feinhor at 720-248-4684

Boulder Caregiver Support Group

When: First and third Wednesday of each month, 3-4:30 p.m.

Audience: Spouses and partners of older adults

In-Person: Varies, call for details

Facilitators: Ellen Knapp and George Ramsey

Cost: \$30 per session

Questions? Contact Ellen Knapp at 720-217-9614 or ellen@ellenknapp.com

Longmont Caregiver Support Group

When: First Monday of each month, 6-7:30 p.m. (If first Monday is a holiday, meets on second Monday)

Audience: Family caregivers of older adults with any health conditions, not limited to dementia

In-Person: Longmont Senior Center, 910 Longs Peak Ave, Longmont

Facilitators: Kayleigh Schernbeck and a peer support volunteer

Cost: Free

Questions? Call Kayleigh Schernbeck at 303-774-4497

Virtual Cancer Caregivers Support Group

When: First Thursday of every month, 4:30-5:30 p.m.

Audience: Caregivers of people with cancer of any age (spouses, children, parents, friends)

Sponsor: Boulder Community Health

Facilitator: Claire McCarrison

Cost: Free

Questions? Contact Claire McCarrison at 858-254-1288 or clairemcc8@comcast.net

Virtual Parkinson's Caregiver Support Group

When: Third Monday of every month, 10:30 a.m.-noon

Audience: Caregivers of people with Parkinson's of any age (spouses, children, parents, friends)

Sponsor: Parkinson's Association of the Rockies and Davis Phinney Parkinson's Foundation

Facilitators: Dale Korba and other members

Cost: Free

Questions? Contact Dale Korba at korba.dale@gmail.com

Caregiver Support Group

When: First and third Friday of every month, 3:15-4:45 p.m.

Audience: Caregivers of older adults (spouses, children, parents, friends)

Sponsor: Windhorse Eldercare

Facilitators: Kathy Emery

Cost: \$30 per session

Questions? Contact Kathy Emery at kathy.emery@icloud.com or 720-299-3196

Virtual Grieving Through Dementia Support Group

When: Second and fourth Wednesdays of each month, 10-11:30 a.m.

Audience: Caregivers of persons with Alzheimer's disease or related dementias

Sponsor: Alzheimer's Association of Colorado

Cost: Free

Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Virtual Dementia LGBTQ+ Care Partner Support Group

When: Third Tuesday of each month, 5:30-6:30 p.m.

Audience: Caregivers of persons with Alzheimer's disease or related dementias

Sponsor: Alzheimer's Association of Colorado

Cost: Free

Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Lafayette Dementia Caregiver Support Group

When: First Friday of each month, noon-1 p.m.

Audience: Caregivers of persons with Alzheimer's disease or related dementias

In-Person: TRU Pace, 2594 Trailridge Dr., Lafayette

Sponsor: Alzheimer's Association of Colorado

Cost: Free

Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Niwot Dementia Caregiver Support Group

When: Second Tuesday of each month, 10-11:30 a.m.

Audience: Caregivers of persons with Alzheimer's disease or related dementias

In-Person: Una Vida, 7960 Niwot Rd Unit B-12, Niwot

Sponsor: Alzheimer's Association of Colorado

Cost: Free

Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Louisville Dementia Caregiver Support Group

When: First Thursday of each month, 4 p.m.

Audience: Caregivers of persons with dementia

In-Person: Balfour, 282 McCaslin Blvd, Louisville

Sponsor: Balfour, Cherrywood Village

Cost: Free

Questions? Contact Drew Percival at Drew.Percival@kiscosl.com or 720-607-4904

Boulder Dementia Caregiver Support Group

When: First Thursday of each month, noon-1:30 p.m.

Audience: Caregivers of persons with Alzheimer's disease or related dementias

In-Person: West Age Well Center, 909 Arapahoe Ave, Boulder

Sponsor: Alzheimer's Association of Colorado

Cost: Free

Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Boulder Men's Dementia Caregiver Support Group

When: First and third Wednesday of each month, 1-2 p.m.

Audience: Male caregivers of persons with Alzheimer's disease or related dementias (lead by men)

In-Person: West Age Well Center, 909 Arapahoe Ave, Boulder

Sponsor: Alzheimer's Association of Colorado

Cost: Free

Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Erie Dementia Caregiver Support Group

When: First and third Thursday of each month, 4-5:30 p.m.

Audience: Caregivers of persons with Alzheimer's disease or related dementias

In-Person: Erie Community Center, 450 Powers St, Erie

Sponsor: Alzheimer's Association of Colorado

Cost: Free

Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Longmont Dementia Caregiver Support Group

When: Second Thursday of each month, noon-1:30 p.m.

Audience: Family caregivers of persons with Alzheimer's disease or related dementias

In-Person: Longmont Senior Center, 910 Longs Peak Ave, Longmont

Facilitator: Brandy Queen and a peer support volunteer

Cost: Free

Questions? Call Brandy Queen at 303-651-8414

Boulder Brain Injury Support Group

When: Third Thursday of each month, 6 p.m.

Audience: Those living with a brain injury (stroke, aneurysm, tumor) and their caregivers

In-Person: Della Cava Medical, 4747 Arapahoe Ave, Boulder County

Sponsor: Workforce Boulder County

Cost: Free

Questions? Contact Robert Morris at rmorris@bouldercounty.gov or 720-576-3618

Additional Virtual Caregiver Supports

Caregiver TeleConnection through WellMed

What: Conference call on various topics at no cost

Link: <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/>

Questions? Contact caregiversos@wellmed.net or 1-866-390-6491

AARP Family Caregiving Resource Line

What: Specialized call center with over one dozen agents trained to answer caregiving related questions

When: Agents are available to take calls Monday-Friday, 8 a.m. to 8 p.m. ET.

Contact: 1-877-333-5885 (English) and 1-888-971-2013 (Spanish)

Online Self-Guided Alzheimer's Association Classes

What: Topics include dressing, communication, early onset, and more

Link: <https://alzconnected.org/discussions>

Online Daughterhood Caregiver Support Group

What: Online caregiver support groups, a podcast with practical tools, and an informational blog

Link: www.daughterhood.org