

Boulder Senior Services - Support Groups

West Senior Center: 909 Arapahoe Avenue, Boulder, CO 80302, 303-441-3148

East Senior Center: 5660 Sioux Drive, Boulder, CO 80303 – 303-441-4150

Peer Counseling: Women's Support Groups **West Center**

Thursday group, 1:30 – 3 p.m.

Sponsored by Mental Health Partners; Call for availability; 303-413-6377

Beyond Vision (Low Vision Support Group) **West Center**

4th Monday monthly, 1 – 2 p.m.

Sponsored by The Center for People with Disabilities (CPWD); 303-442-8662

Boulder Parkinson's Support Group **East Center**

3rd Tuesday monthly, 10 – 11:30 a.m.

Sponsored by Parkinson Association of the Rockies; www.parkinsonrockies.org Local group leader: Bob Travis; 303-494-9229

Peer Counseling: Men's Support Group **West Center**

1st and 3rd Wednesdays monthly, 10:30 a.m. – noon

Sponsored by Mental Health Partners; Call for availability; 303-413-6377

Widowed Persons Support Group **East Center**

4th Wednesday monthly, 10 a.m. – noon

Sponsored by TRU Community Care; Facilitator: Suzanne Brown, 303-530-4542

Monthly Alzheimer's/Dementia Support Groups **East Center**

1st Thursday monthly, noon – 1:30 p.m.

2nd Tuesday monthly, from 11 a.m. - 12:30 p.m.

Sponsored by the Alzheimer's Association; 800-272-3900; www.alz.org

Caring for Your Aging Parent – A Support Group **East Center**

2nd Thursday monthly, 5:30-7 p.m.

For adult children who are concerned about their aging parents. Sponsored by Boulder County Area Agency on Aging and Jewish Family Services.

Facilitators: Andrew Bunin, LPC and Jodi Ansell, MSW. Contact Jodi at 303-415-1025.

This Full House – A Support Group (begins March 2016) **East Center**

2nd Thursday monthly, 3 – 4:30 p.m.

Sponsored by City of Boulder Senior Services; Call 303-441-4388