



CONNECT WITH OTHERS

CAREGIVER SUPPORT GROUPS

This program brings caregivers together to share their experiences in a confidential and supportive setting. Support groups help caregivers gain skills, build confidence, and learn helpful resources available in the community.

In Person at the Durgin Center:

Monthly every second Friday 9-10:30 a.m.

Monthly every fourth Friday 10:30-12 p.m.

In Person at the Millinocket Memorial Library:

Monthly every second Tuesday 10-11:30 a.m.

In Person at the Ellsworth Library:

Monthly every second Thursday 2-3:30 p.m.

Zoom Support Group:

Monthly every third Thursday 2-3:30 p.m.