

New Caregiver Support Group

Acton Council on Aging
with Julie Norstrand

Meets Tuesdays, starting January 18, 2:00-3:00
via Zoom

This support group will provide practical and emotional support to the members in a safe, non-judgmental setting, fostering strong bonds

Open to caregivers of all ages who care for an older adult/free of charge



Contact the Council on Aging at 978-929-6652 or seniorcenter@actonma.gov to receive the Zoom link

Julie Norstrand, PhD, MSW, MSc, is an adjunct professor at Regis College and the founder of Help My Aging Parents