

Support for Seniors during COVID-19 pandemic

- **NJ Mental Health Cares** For those wanting one-on-one consultation, the state's behavioral health information and referral service now offers help to New Jersey residents dealing with anxiety and worry related to the Coronavirus (COVID-19) outbreak.
Call 1-866-202-HELP (4357) for free, confidential support by live trained specialists.
- **Centers for Disease Control** For the latest mental health guidance and tips, visit:
<https://www.cdc.gov/coronavirus/2019ncov/prepare/managing-stress-anxiety.html>
- About special COVID-19 challenges for seniors - how BFC is reaching out and how you can too: **Bergen Family Center: Mental Health Minutes**
bergenfamilycenter.org/mental-health-minute.html

Tele-Therapy Support Groups for Seniors during COVID-19 pandemic

For those who would benefit from a support group, themes such as anxiety, isolation, depression and finding purpose are explored using a variety of interventions:

- Center for **Purposeful Aging Support Groups** are limited to 10 people and run weekly via Zoom. Fees covered by Medicare (non-managed care coverage) & secondary insurance.
Facilitator: Sarah Hiller-Bersson, LCSW, psychotherapist with 17 years of experience
For more information: call 917-841-5343 or email sbersson@gmail.com
and/or view website www.centerforpurposefulaging.com

Caregiver Support Groups *Do you or anyone you know need some support taking care of their loved one living with memory loss? Besides resources available with Alzheimer's NJ or Alzheimer's Association of GNJ, there are other support groups to explore:*

- **Kaplen JCC on the Palisades** – No registration required; Free
For more information, contact Marlene Ceragno, Program & Caregiver Services Coordinator:
mceragno@jccotp.org

Monday, 12:00 PM Family Dementia Caregiver Support Group

<https://zoom.us/j/94433634355?pwd=ckdxV09ZYWdkWUEvYjAvUFF6NGwxzd09>

Meeting ID: 944 3363 4355 Password: 093212

Wednesday, 11:30 AM Memory Café for those with Younger-Onset dementia and their caregivers, sponsored by The Bristol

<https://zoom.us/j/99697512964?pwd=WU1ud2NNSnk3MmgwOTMwTktIR3J1Zz09>

Meeting ID: 996 9751 2964 Password: 492080

Thursday, 1 PM Family Dementia Caregiver Support Group

<https://zoom.us/j/97923560102?pwd=ZC9YU0pOU0FIM3VleisxdHNpaHRRdz09>

Meeting ID: 979 2356 0102 Password: 110300

- **Hilarity for Charity** arranges online support groups in different time zones designed to help people navigate through **caregiving for someone with Alzheimer's or other dementia while attending school, raising families of their own or developing careers.**
For more information contact Ruth Rothbart-Mayer, LCSW, C-ASWCM, Psychotherapist, Elder Care Coach via email RuthRothbart-Mayer.com or call 917-916-8002.
Website: hangout@hilarityforcharity.org