



TAKE CARE



“Take Care” is a virtual informational group for caregivers facilitated by Vincent McCarthy, Director of Client Services, Cambridge Council on Aging and Liz Aguilo, LICSW, Director Paine Senior Services.

The goal of the meetings is to provide practical information and suggestions about meeting the needs of the person receiving care as well as the needs of the caregiver. Participants will learn about available resources in the Cambridge/Boston area, navigating the various care systems, including medical and legal systems, and more!

“Take Care” will meet for 6 weeks via zoom from 12-12:50 on Thursdays, starting March 7, 2024 and ending April 11, 2024.

While caregivers share many experiences, participants who are caring for someone who lives in Cambridge will benefit most from the experience of the group facilitators.

To register: Contact Vincent McCarthy at the Cambridge Council on Aging, 617-349-6220,