Boulder County Caregiver Support Groups (Updated 15Oct2026)

Hybrid Boulder Caregiver Support Group

When: First Wednesday of each month, 5-6:30 p.m.
Audience: Adult children concerned about or caring for aging
parents In-Person Portion: Jewish Family Service, 6007 Oreg Ave,
Boulder Zoom Link: https://us02web.zoom.us/j/82797306169
Facilitators: Jodi Ansell
Cost: Free
Questions? Call Aaron Miller 720-464-1336

Boulder Caregiver Support Group

When: First and third Wednesday of each month, 3-4:30 p.m.
Audience: Spouses and partners of older
adults In-Person: Varies, call for details
Facilitators: Ellen Knapp and George
Ramsey Cost: $30 per session
Questions? Contact Ellen Knapp at 720-217-9614 or ellen@ellenknapp.com

Longmont Caregiver Support Group

When: Third Thursday of each month, 4:30-6 p.m.
Audience: Family caregivers of older adults with any health conditions, not limited to dementia
In-Person: Longmont Senior Center, 910 Longs Peak Ave,
Longmont Facilitators: Kayleigh Schernbeck and a peer support
volunteer Cost: Free
Questions? Call Kayleigh Schernbeck at 303-774-4497

TRU PACE Caregiver Support Group

When: First Friday of the month at noon, Third Tuesday of the month at 9:30 a.m.
Audience: Spouses, partners, and caregivers of older adults
In-Person: Location varies, call 303-604-5225 for details
Facilitator: Mental health counselors
Cost: Free
Questions? Contact Rachel Nussbaum at 303-604-5225 or MentalHealthCounselors@trucare.org

Virtual Parkinson's Caregiver Support Group

When: Third Monday of every month, 10:30 a.m.-noon
Audience: Caregivers of people with Parkinson's of any age (spouses, children, parents, friends)
Sponsor: Parkinson's Association of the Rockies and Davis Phinney Parkinson's Foundation
Facilitators: Dale Korba and other members
Cost: Free
Questions? Contact Dale Korba at korba.dale@gmail.com

Virtual Caregiver Support Group

When: First and third Friday of every month, 3:15-4:45 p.m.
Audience: Caregivers of older adults (spouses, children, parents, friends)
Sponsor: Windhorse Eldercare
Facilitators: Kathy Emery
Cost: $30 per session
Questions? Contact Kathy Emery at kathy.emery@icloud.com or 720-299-3196

Virtual Grieving Through Dementia Support Group

When: Second and fourth Wednesdays of each month, 10-11:00 a.m.
Audience: Caregivers of persons with Alzheimer's disease or related dementias
Sponsor: Alzheimer's Association of Colorado
Cost: Free
Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Virtual Dementia LGBTQ+ Care Partner Support Group

When: Second and Fourth Wednesday of each month, 5:00-7:30 p.m.
Audience: Caregivers of persons with Alzheimer's disease or related dementias
Sponsor: Alzheimer's Association of Colorado
Cost: Free
Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Niwot Dementia Caregiver Support Group

When: Third Tuesday of each month, 10-11:00 a.m.
Audience: Caregivers of persons with Alzheimer's disease or related dementias
In-Person: Niwot United Methodist Church, 7405 Lookout Road, Niwot
Sponsor: Alzheimer's Association of Colorado
Cost: Free
Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Louisville Dementia Caregiver Support Group

When: First Thursday of each month, 4 p.m. Audience: Caregivers of persons with dementia In-Person: Balfour, 282 McCaslin Blvd, Louisville Sponsor: Balfour, Cherrywood Village
Cost: Free
Questions? Contact Drew Percival at Drew.Percival@kiscosl.com or 720-607-4904

Boulder Dementia Caregiver Support Group

When: First Thursday of each month, noon-1:30 p.m.
Audience: Caregivers of persons with Alzheimer's disease or related dementias
In-Person: West Age Well Center, 909 Arapahoe Ave, Boulder
Sponsor: Alzheimer's Association of Colorado
Cost: Free
Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Boulder Men's Dementia Caregiver Support Group

When: First and third Wednesday of each month, 1-2 p.m.
Audience: Male caregivers of persons with Alzheimer's disease or related dementias (lead by men)
In-Person: West Age Well Center, 909 Arapahoe Ave, Boulder
Sponsor: Alzheimer's Association of Colorado
Cost: Free
Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Erie Dementia Caregiver Support Group

When: First and third Thursday of each month, 4-5:30 p.m.
Audience: Caregivers of persons with Alzheimer's disease or related dementias
In-Person: Erie Community Center, 450 Powers St,
Erie Sponsor: Alzheimer's Association of Colorado
Cost: Free
Questions? Call the Alzheimer's Association Helpline at 1-800-272-3900 or visit www.alz.org/co

Longmont Dementia Caregiver Support Group

When: Second Thursday of each month, noon-1:30 p.m.
Audience: Family caregivers of persons with Alzheimer's disease or related dementias
In-Person: Longmont Senior Center, 910 Longs Peak Ave, Longmont
Facilitator: Brandy Queen and a peer support
volunteer Cost: Free
Note: Doors open at 11:45 a.m. Maximum of 14 participants only. A notification will be placed on the door when capacity is met.
Questions? Call Brandy Queen at 303-651-8414

Allenspark Caregiver and Grief Support Group

When: First and third (and fifth) Wednesday of each month, 1:00-2:30pm
Audience: Those caring for a loved one, or experience a recent death of a loved one
In-person: Allenspark Community Church, 16 Washington Street, Allenspark
Facilitators: Ralph Patrick
Cost: Free
Questions? Contact Ralph Patrick at rwepatrick@gmail.com or 303-747-2821

Additional Virtual Caregiver Supports

Caregiver TeleConnection through WellMed

What: Conference call on various topics at no cost
Link: https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/
Questions? Contact caregiversos@wellmed.net or 1-866-390-6491

AARP Family Caregiving Resource Line

What: Specialized call center with over one dozen agents trained to answer caregiving related questions
When: Agents are available to take calls Monday-Friday, 8 a.m. to 8 p.m. ET.
Contact: 1-877-333-5885 (English) and 1-888-971-2013 (Spanish)

Online Self-Guided Alzheimer's Association Classes

What: Topics include dressing, communication, early onset, and more
Link: https://alzconnected.org/discussions

Online Daughterhood Caregiver Support Group

What: Online caregiver support groups, a podcast with practical tools, and an informational blog
Link: www.daughterhood.org