

# Abramson Senior Care Support Groups

Abramson Senior Care is proud to offer a number of free support groups to the community, including:

## Caregiver Support Groups

- Second Tuesday of every month • 10:00 a.m. • Edna Young Gordon Healthy Brain and Memory Center • 135 S. Bryn Mawr Ave., Suite 110, Bryn Mawr, PA 19010 • Facilitated by Karin Murphy, LP, CT, GC-C • 484.756.8706
- First Wednesday of every month • 10:00 a.m. • Abramson Home Care • 261 Old York Rd., Suite 318, Jenkintown, PA 19046 • Facilitated by Erica Block, MSW • 215.371.2119

## Caregiver Support and Bereavement Group

- Third Tuesday of every month • 2:00 p.m. • Abramson Medical Adult Day Services • 12003 Bustleton Ave., Philadelphia, PA 19116 • Facilitated by Marcy Shoemaker, Psy.D. • 215.371.1369

## Grieving Through An Illness: Caregiver Support Group

- Second and Fourth Wednesday of every month • 2:00 p.m. - 3:30 p.m. • Abramson Center for Jewish Life • 1425 Horsham Rd., North Wales, PA 19454 • Facilitated by Karin Murphy, LPC, CT, GC-C • 215.237.0716

## Early Stage Cognitive Impairment Support Group (Clients and Caregivers)

- Third Monday of every month • 10:30 a.m. • Edna Young Gordon Healthy Brain and Memory Center • 135 S. Bryn Mawr Ave., Suite 110, Bryn Mawr, PA 19010 • Facilitated by Brie Yousaitis, MSW, and Melissa Avraham, LSW, MSS, MLSP • 484.756.8706

## Bereavement Support Groups

- Second Tuesday of every month • 1:00 p.m. • Edna Young Gordon Healthy Brain and Memory Center • 135 S. Bryn Mawr Ave., Suite 110, Bryn Mawr, PA 19010 • Facilitated by Karin Murphy, LP, CT, GC-C • 484.756.8706
- Every Thursday • 12:30 p.m. - 2:00 p.m. • KleinLife • 10100 Jamison Ave., Philadelphia, PA 19116 • Facilitated by Brie Yousaitis, MSW • 215.371.1393

## Newly Bereaved Spouse Support Group

- First and third Wednesday of every month • 12:30 p.m. - 2:00 p.m. • KleinLife • 10100 Jamison Ave., Philadelphia, PA 19116 • Facilitated by Karin Murphy, LPC, CT, GC-C • 215.237.0716

## Afternoon Tea - A Support Group for Adult Children who have Experienced the Death of a Parent

- Second Monday of every month • 1:00 p.m. - 2:30 p.m. • Abramson Center L'Chaim Room • 1425 Horsham Rd., North Wales, PA 19454 • Facilitated by Karin Murphy, LPC, CT, GC-C • 215.237.0716

## Mindfulness Meditation/Stress Management Groups

- Third Wednesday of every month • 1:30 p.m. - 2:15 p.m. • Edna Young Gordon Healthy Brain and Memory Center • 135 S. Bryn Mawr Ave., Suite 110, Bryn Mawr, PA 19010 • Facilitated by Kim Bernardi, LCSW • 484.756.8706
- First and third Monday of every month • 2:00 p.m. - 2:45 p.m. • The Peak Center in Lansdale • 606 E. Main St., Lansdale, PA 19446 • Facilitated by Kim Bernardi, LCSW • 215.767.5266