



The Oriol Foundation is a 501(c)(3) organization



The Oriol Foundation
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THE ORIOR FOUNDATION – COMMUNITY CAREGIVER SUPPORT GROUPS

Supporting wellness, empowering caregivers & advancing health in the Wachusett Region

Caring for others can be both rewarding and challenging. Our Caregiver Support Groups offer a safe and welcoming space to share experiences, connect with others who understand, and take time for yourself.

Our groups provide emotional support, practical advice, and helpful resources to assist caregivers in maintaining their own health and well-being while navigating the responsibilities of caring for a loved one.

“Peer support reminds us we are not alone. Sharing struggles and solutions with others helps lighten the load and strengthens our resilience.”

When & Where –

Our Community Caregiver Support Groups:

- **Holden Senior Center**
1130 Main Street, Holden, MA
1st & 3rd Wednesday of each month
1:00–2:30 PM
- **Sterling Senior Center**
36 Muddy Pond Road, Sterling, MA
2nd Wednesday of each month
2:00–3:00 PM

You don't have to walk this journey alone. Join us to share, learn, and find encouragement within a supportive community of caregivers.