Memory Cafés in Massachusetts

What is a Memory Café?

A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Memory cafés meet at a variety of places including coffeehouses, museums, or community organizations.

Each memory café is different. Some cafés invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. But all cafés share these goals: to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through, to leave behind limitations and instead focus on strengths, to enjoy other's company, and to explore something new.

You are welcome to attend as many memory cafés as you wish!

To find a memory café, please visit www.jfcsboston.org/MemoryCafeDirectory

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