



## CAREGIVER SUPPORT PROGRAM 2016 SCHEDULE

*Are you caring for a loved one age 60 or older?  
You are invited to attend a discussion about Caregiving*

**2nd Wednesday of the month**

6:00 - 7:15 pm

Christ the King Church  
20 Sumter Avenue (Guilderland)  
Albany, NY 12203

**3rd Wednesday of the month**

12:00-1:00 pm

Church of St. Mary's  
163 Columbia Turnpike  
Rensselaer, NY 12144

**4th Wednesday of the month**

6:00 - 7:15 pm

St. Timothy's Lutheran Church  
470 Winter St. Extension  
North Greenbush, NY 12180

**Call for Dates**

1:30 - 2:30 pm

Sacred Heart in Castleton  
3 Catholic Way  
Castleton on Hudson, NY

*REMEMBER TO CARE FOR YOURSELF ~ WHILE CARING FOR A LOVED ONE*

**RSVP - Required**

***Call the Caregiver's Support Program at Catholic Charities  
518-372-5667, ext. 209***

***Refreshments provided***

*Catholic Charities welcomes all persons regardless of race, creed, or lifestyle*

*This program is provided by Catholic Charities Senior & Caregiver Support Services and sponsored by the Albany County Department for Aging, Rensselaer County Unified Family Services, the New York State Office for Aging & the Federal Administration on Aging.*