



Caregiver Support Groups

Are you caring for a loved one age 60 or older?

Join us for a FREE monthly support group!

These groups will provide a safe, confidential and supportive environment where you can meet with other caregivers, develop a support system and discuss issues related to family caregiving.

3rd Wednesday of the month

10:00am-11:00am
Church of St. Mary's
163 Columbia Turnpike
Rensselaer, NY 12144

3rd Wednesday of the month

2:00pm - 3:00pm
Home Instead Senior Care
1B Rapp Road
Albany, NY 12203

2nd Wednesday of the month

6:00pm - 7:15pm
Christ the King Church
20 Sumter Ave.
Albany, NY 12203

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

FOR MORE INFORMATION

Call the Caregiver's Support Program at Catholic Charities

(518) 372-5667

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, the New York State Office for Aging & the Federal Administration on Aging.

*For more information about Catholic Charities Senior & Caregiver Support Services, please visit our website at:
www.ccseniorservices.org*