

Catholic Charities Senior & Caregiver Support Services invites you to attend our

Caregiver Chat

Remember to Care for Yourself... While Caring for a Loved One

- ◆ *A safe place to discuss stresses, challenges, and the rewards of caregiving*
- ◆ *Learn about resources in your community that could help lessen stress*
 - ◆ *Develop a support system to lean on*

The support group is an open group that caregivers can join at any time but registration is required

2nd Tuesday of the month

2:00pm - 3:30pm

Christ the King Church
20 Sumter Ave.,
Albany, NY 12203

**For information, please call
518-372-5667 x 205**

-Respite Services may be available-
Contributions will be accepted

Catholic Charities Senior & Caregiver Support Services (CCSCSS) is built on the cornerstones of dignity, advocacy, education and empowerment. Our mission is to foster independence by providing services which support the lives of older adults and caregivers in the community.

For information about CCSCSS, please visit our website at www.ccseniorservices.org

This program is provided by Catholic Charities Senior & Caregiver Support Services (CCSCSS) and sponsored by the Albany County Department for Aging, New York State Office for Aging & the Federal Administration on Aging. The support group is hosted by the Christ the King Church

