

Caring for the Caregiver

The Caregiver Journey- Know How to Take Care of You

Join us for a one-time workshop designed to help recognize your own needs as you care for others. This is an educational workshop that will leave you with the resources, techniques and action plans to help you on your caregiver journey.

Dealing with Stress During the Holidays

This workshop will focus on how to increase your caregiver skills and prepare you for this time of year. Come and engage with likeminded caregivers who will love to share their story and increase their knowledge

11/29/2022- St. Matthew's Church, Voorheesville

1:30pm to 3:30pm

12/1/2022- Guilderland Senior Center, Altamont

10am to 12pm

12/8/2022- Menands Senior Center, Menands

10:30am to 12:30pm

12/13/2022- Town of Colonie Senior Resource Department, Colonie

1pm to 3pm

12/15/2022- Berne Senior Center, Berne

1pm to 3pm

12/20/2022- Coeymans Town Hall, Ravena

1pm to 3pm

Please call **518-372-5667 ext. 205** to register

by November 28th, 2022

Seating is limited

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