

# CAREGIVER SUPPORT GROUPS



*If you are caring for an elderly or disabled adult, we know the task can become overwhelming, confusing & frustrating, even when you love the person. Our free support groups of fellow caregivers provide you with a safe place to vent and gain support from those who know this "burden of the heart." Take an hour or two to keep yourself healthy, laugh again, and get helpful advice about other services that can help you both!*

## NEW PALTZ

**Woodland Ponds  
Classroom  
100 Woodland Pond Circle**

**1st Monday  
each month**

**9:30AM - 10:45AM**

**AND**

**Community Center  
3 Veterans Drive**

**3rd Tuesday  
each month**

**9:30AM - 11:00AM**

## KINGSTON

**LGBTQ Community  
Center Library  
300 Wall Street**

**1st Thursday  
each month**

**3PM**

## SAUGERTIES

**Starway Diner  
346 Route 212**

**2nd Monday  
each month**

**12:30PM - 2:00PM**

sponsored by  
**Jewish Family Services  
of Ulster County**

280 Wall Street, 2nd Fl  
Kingston, NY 12401



**For More Info Call: (845)338-2980**