



CAREGIVER SUPPORT GROUPS

If you are caring for an elderly or disabled adult, we know the task can become overwhelming, confusing and frustrating, even when you love the person. Our free support groups of fellow care givers 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 (until May 5)

9:30AM - 11:00AM

SAUGERTIES

Starway Diner
346 Route 212

2nd Monday each month

12:30PM - 2:00PM

KINGSTON

LGBTQ Community Center Library
300 Wall Street

1st Thursday each month

3PM

sponsored by
Jewish Family Services of Ulster County
280 Wall Street, 2nd Fl
Kingston, NY 12401



For More Info Call: (845)338-2980