



# CAREGIVER SUPPORT GROUPS

Each group will be conducted by Telephone or Zoom. The Group Leader will provide you with the number or the link once you have signed up for a meeting.

- Zoom Conference - Judith Bromley**
- Every 1st and 3rd Monday each month 9:30 - 11 a.m.
  - Every 2nd and 4th Monday each month 12:30 PM - 2:00 pm

- Telephone conference - Donna Weintraub**
- 1st Thursday each month 2 PM

**Contact: Judith Bromley MS, RN**  
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sponsored by  
Jewish Family Services  
of Ulster County  
280 Wall Street, 2nd Fl  
Kingston, NY 12401

*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 so to keep yourself healthy, laugh again, and get helpful advice about other services that can help you both!*