



HEIGHTS AND HILLS
supporting brooklyn's older adults

Long Distance Caregiving Support Group



Caregiving is tough. When a relative lives far away it can be tougher.

Heights and Hills is here to help! Join us for a monthly support group to engage with others and gain valuable information and support.

**Meets every 3rd Monday of the month from 6:00-7:30 pm at
Park Slope for Successful Aging, 463A 7th St**

Upcoming meeting dates:

Monday, August 20

Monday, September 17

Registration Required. Please contact Michael Rublin
at 718-596-8789 ext. 330 or at
mrublin@heightsandhills.org to register or for more information.