



**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](mailto:mrublin@heightsandhills.org) to register or for more information.