



Caregiver 12-Week Telephone Support Group

Participate by Phone from the Comfort of your Home

Join other caregivers, including adult children,
spouses and partners for weekly
“award-winning” telephone classes.



**Do you provide care for an older
relative or loved one?**

These classes will provide support & strategies to:

- Reduce stress, strain, and depression
- Solve problems more efficiently
- Learn about community resources

Wednesdays 7pm - 8pm

February 20, 2019 - May 8, 2019

Call for more information: 518-694-3511

Advance Registration is Required (Space is limited)

(Caregiver or Care Receiver Must Reside in Albany County)

Designed to support Greater Capital Region residents who provide
assistance and care for older relatives, partners, or friends.

www.seniorservicesofalbany.com

This Caregiver program is supported in part by the Albany County Department of Aging, the
New York State Department of Aging and the Administration for Community Living.