

Family Caregiver Telephone Groups

Participate by phone from the comfort of home

Are you a Caregiver for an elder relative or loved one?

Helping with life's daily tasks?
Concerned about declining health?
Trying to maintain them in their home?



Join other Caregivers on professionally-led calls to...

Learn about Resources
Solve Problems &
Cope with Stress.

Monthly Evening Meetings

Call for more information

465-1398

The Caregiver Connection Program

Designed to support Greater Capital Region residents providing assistance and care for elder relatives, partners or friends.

www.seniorservicesofalbany.com

*Funded by the Albany County Department for Aging,
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**Senior
Services**
of Albany