



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 elder
relative or loved one?**

These classes will provide support and strategies to:

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

Thursdays 7pm - 8pm

February 8, 2018 - April 26, 2018

Call for more information: 518-694-3511

Advance Registration is Required

(Caregiver or Care Receiver Must Reside in Albany County)

www.seniorservicesofalbany.com

Funded by the Albany County Department for Aging, NYS Office for Aging,
The Administration on Aging, and The United Way of the Greater Capital Region.