

Catholic Charities Senior & Caregiver Support Services invites you to attend our

Caregiver Support Groups

Remember to Care for Yourself... While Caring for a Loved One

- *Share your feelings with others who understand*
- *Develop a support system*
- *Learn about resources in your community*

The support groups are open groups and caregivers can join at any time

FREE TO ATTEND

3rd Wednesday of the month

10:00am-11:15am

Church of St. Mary's

163 Columbia Turnpike, Rensselaer, NY 12144

2nd Wednesday of the month

6:00pm - 7:15pm

Christ the King Church

20 Sumter Ave., Albany, NY 12203

3rd Tuesday of the month

2:00pm-3:00pm

St. Andrew's Episcopal Church

10 N. Main Ave., Albany, NY 12203

For information, please call 518-372-5667

*** Respite Services may be available ***

Registration is encouraged

Catholic Charities Senior & Caregiver Support Services (CCSCSS) is built on the cornerstones of dignity, advocacy, education and empowerment.

Our mission is to foster independence by providing services which support the lives of older adults and caregivers in the community.

For information about CCSCSS, please visit our website at www.ccseniorservices.org

This program is provided by Catholic Charities Senior & Caregiver Support Services (CCSCSS) and sponsored by the Albany County Department for Aging, the New York State Office for Aging & the Federal Administration on Aging.

