



Caregiver Discussion Groups

Family caregivers, of older or disabled persons, assume responsibilities and experience many changes in their lifestyles. They say they are frustrated in knowing how to solve the multitude of challenges facing them and don't know where to turn for help. They need support. You need support!

Through the Onondaga County Department of Adult and Long Term Care, Office for Aging, **Caregiver Services** provides on-going support through **Caregiver Discussion Groups**. We are now offering our Caregiver Discussion/Support Group meetings **virtually** so that caregivers, or other loved ones, can interact, share, and learn from each other in a safe, supportive environment, either online or through your phone, without geographic restrictions!

Caregivers and loved ones are welcome to join in any group at a time that works best for you. You may join in the discussion or simply listen in. Groups will be conducted on a Zoom platform. You may join any of these groups by clicking on the following link, at the appropriate time or by using the number below if you don't have computer access.

Join the meeting online: [Caregiver Group Zoom Link](#)

or join the meeting by phone: 646-558-8656

Meeting ID: 357 334-5126

Passcode: 374439

Group Information

Brookdale Manlius Group

Meets the first Wednesday of each month from 2:00-3:30 pm

Park Terrace at Radisson Group

Meets the third Wednesday of each month from 2:30-4:00 pm

Brookdale Summerfield Group

Meets the second & fourth Thursday of each month from 6:00-7:30 pm

Contact: (315) 435-2362 Ext. 4693

