



## 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 in with any of these groups using a computer, tablet or smart phone or if you prefer you can join the meeting by phone.

If you have any questions or are interested in taking part in any of the groups please contact: **Kimberly Connell, MSW**, 315-435-2362 ext. 4693

## 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**

