Caring for the Caregiver

Support Services for Caregivers

Funding provided by New York State Office for the Aging and
Suffolk County Office for the Aging.
Caregivers Support Service Project 2016 - 2017

Yoga for Caregivers
Tuesdays: December 6, 13, 20 and 27
2:00 - 3:00 pm, Room 106

Art Therapy
Wednesdays: December 7 and 21
10:30 am - 12:30 pm, Room 205

Daytime Support Group
Thursdays: December 8 and 22
1:30 - 3:00 pm, Room 117 (Library)

Respite Program: While caregivers attend any of these sessions, respite care is available for your loved one. Please call 2 days in advance for a respite care appointment.

For more information and/or to register for groups, contact Holli Dunayer, MSW
631-351-3253

Other Support Services

HEAP
(Home Energy Assistance Program)
Need help with heating costs?

Are you a PSEG or National Grid customer? You may be entitled to financial assistance in heating your home this winter. You must meet HEAP income guidelines.

Call Holli Dunayer
631.351.3253

Are you grieving the loss of a loved one?

Join our Bereavement Support Group

Friday, December 16
10:30 - 11:30 am
Room 117 (Library)

Veterans Discussion Group

Wednesday, December 14
10:30 - 11:30 am
Room 117 (Library)