



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.