



## **Caregiver 12-Week Telephone Support Group**

**Participate by Phone from the Comfort of your Home**

Join other caregivers, including adult children,  
spouses and partners for weekly  
“award-winning” telephone classes.



**Do you provide care for an elder  
relative or loved one?**

These classes will provide support and strategies to:

- Reduce stress, strain, and depression
- Solve problems more efficiently
- Learn about community resources

**Thursdays 7pm - 8pm**

**February 8, 2018 - April 26, 2018**

**Call for more information: 518-694-3511**

**Advance Registration is Required**

Designed to support Greater Capital Region residents who provide  
assistance and care for elder relatives, partners, or friends.

[www.seniorservicesofalbany.com](http://www.seniorservicesofalbany.com)

Funded by the Albany County Department for Aging, NYS Office for Aging,  
The Administration on Aging, and The United Way of the Greater Capital Region.