

Morning Groups | 9am-12pm

Beltrone Center

3rd Monday of the month | 9:00 am

Dial 312-874-7636

Enter Conference ID: 49875#

Niskayuna Senior Center

1st Friday of the month | 10:30 am

Dial 312-874-7636

Enter Conference ID: 98796#

Healthlink Littauer

2nd Thursday of the month | 11:00 am

Dial 312-874-7636

Enter Conference ID: 98796#

The Plains at Parish Homestead

1st Thursday of the month | 12:00 pm

Dial 312-874-7636

Enter Conference ID: 60612#

The world may look different right now, but one thing hasn't changed: our commitment to ending Alzheimer's. Join us for **Walk to End Alzheimer's** and walk on your own or with a small team of family and friends wherever you choose while raising funds & awareness to end Alzheimer's.

Register at act.alz.org/nyeny.

Afternoon Groups | 1pm-4pm

Cobleskill Regional Hospital

2nd Friday of the month | 1:00 pm

Dial 312-874-7636

Enter Conference ID: 60612#

Christ Community Reformed Church

2nd Wednesday monthly | 1:00 pm

*This group is being offered virtually and /or via phone and registration is REQUIRED call 518-675-7216 or email:

joweaver@alz.org

Hawthorne Ridge

1st Tuesday of the month | 1:00 pm

Dial 312-874-7636

Enter Conference ID: 25992#

Christ the King Church

Every Thursday of the month | 1:00 pm

Dial 312-874-7636

Enter Conference ID: 49875#

Tri-town Senior Center, Civic Center

4th Tuesday of the month | 1:30 pm

Dial 312-874-7636

Enter Conference ID: 60612#

The United Ministry of Delhi

(Ghent) Nursing Center

2nd Monday of the month | 2:00 pm

Dial 312-874-7636

Enter Conference ID: 60612#

Eddy Cohoes Campus

1st & 3rd Thursday of the month | 2:30 pm

Dial 408-418-9388

Meeting# (access code): 717 659 503

Meeting password: 263 97 89

Corinth YMCA

2nd & 4th Thursdays monthly | 3:00 pm

Dial 312-874-7636

Enter Conference ID: 96579#

Evening Groups | 4:30pm-7pm

Alzheimer's Association NENY office

Last Wednesday of the month | 4:30 pm

Dial 312-874-7636

Enter Conference ID: 49875#

Elm Park Church (Oneonta)

3rd Thursday of the month | 5:30 pm

Dial 312-874-7636

Enter Conference ID: 60612#

Cambridge Public Library

1st Monday of the month | 6:00 pm

Dial 312-874-7636

Enter Conference ID: 97073#

The Landing at Queensbury

1st Wednesday of the month | 6:00 pm

Dial 312-874-7636

Enter Conference ID: 97073#

Visit www.alz.org/CRF to find more programs in your area.

Or contact Jon at (518) 675-7216 or joweaver@alz.org

**24/7 Helpline (800) 272-3900
alz.org/northeasternny**

Specialty Support Groups (Available starting in September)

Men's Caregiver Support Group

1st & 3rd Tuesday of the month | 10:00 am
Dial 408-418-9388
Meeting # (access code): 718 249 729
Meeting password: 429 74 229

Long Term Care Family Caregiver Support Group

4th Monday of the month | 2:00 pm
*Registration is REQUIRED
call 518-675-7216 or
email: joweaver@alz.org
to receive the link and telephone #

Adult Children Caregiver Support Group

2nd Wednesday of the month | 6:00 pm
*Registration is REQUIRED
call 518-675-7216 or
email: joweaver@alz.org
to receive the link and telephone #

Younger Adult (Millennials/Sandwich Generation) Caregiver Support Group

1st Tuesday of the month | 5:30 pm
*Registration is REQUIRED
call 518-675-7216 or
email: joweaver@alz.org
to receive the link and telephone #

Long Distance Caregivers Support Group

3rd Wednesday of the month | 3:30 pm
*Registration is REQUIRED
call 518-675-7216 or
email: joweaver@alz.org
to receive the link and telephone #

WHY JOIN A SUPPORT GROUP?

Support groups are groups of people who get together regularly to talk about issues relating to Alzheimer's disease. Groups combine social, educational and support components and are facilitated by trained individuals.

The Alzheimer's Association of Northeastern NY sponsors support groups in the counties we serve, and many different organizations collaborate with us to offer support groups throughout each community.

Support groups are a safe, confidential, supportive environment where you can find support, encouragement, and wisdom from others with similar experiences. You'll also get education and the latest information about dementia and will develop skills to solve problems.

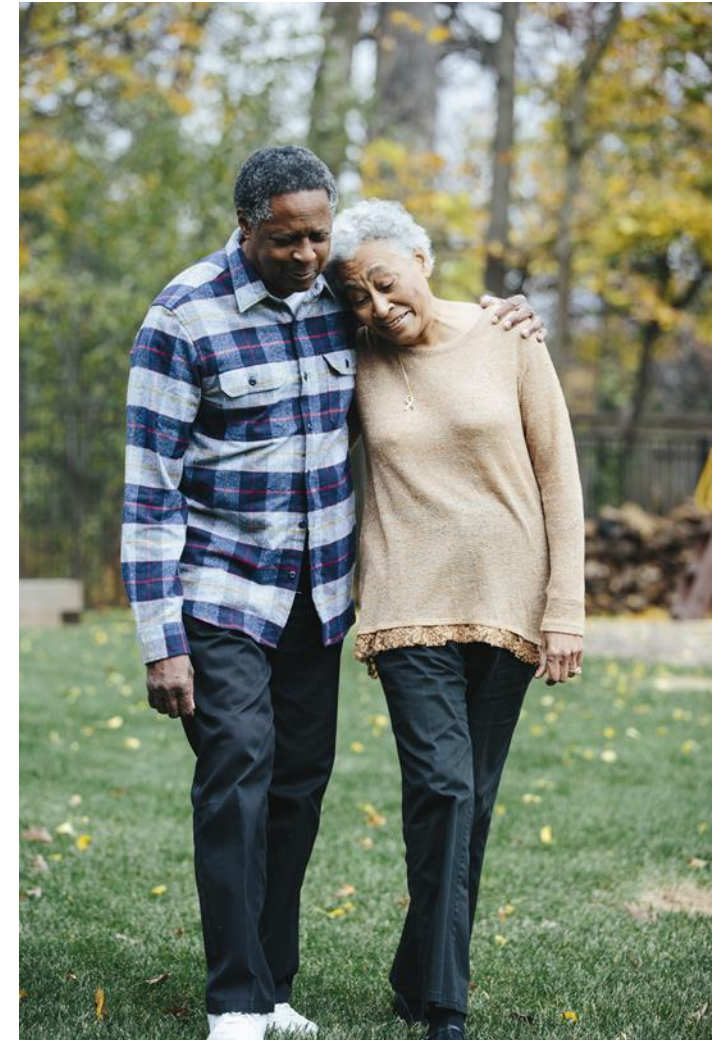
You will be encouraged to maintain your own personal, physical and emotional health as well as provide the best care for your loved one with dementia. Groups also give you a much needed break from caregiving responsibilities. Some groups may be topic-specific, such as grief or early stage, while others are more general in nature.

Please feel free to contact us at

(518) 675-7216 or on our 24-Hour Helpline **(800) 272-3900** for more information or to register.

Due to the possible spread of the COVID-19 virus in Northeastern, NY Chapter territory, we will be holding all in-person support groups over the phone or virtually until further notice see group details for information.

Northeastern New York Virtual/Telephone Caregiver Support Groups 17-County Listing



Programs and services are supported in part by a grant from the New York State Department of Health.