### Morning Groups | 9am-12pm

**Beltrone Center**  
3rd Monday of the month | 9:00 am  
In-person: 6 Winners Circle, Albany  

**Cobleskill: The Gathering Place**  
4th Friday of the month | 10:00 am  
In-person: 147 Kenyon Rd., Cobleskill

**SUNY Plattsburgh (North Country)**  
2nd Monday of the month | 10:00 am  
Virtual: Registration is REQUIRED - call 518.675.7214

**Lake Placid Baptist Church**  
4th Monday of the month | 10:00 am  
In-person: 2253 Saranac Ave., Lake Placid

**Gloversville Public Library**  
3rd Wednesday of the month | 10:00 am  
In-person: 58 E. Fulton St., Gloversville

**Arkell Center**  
2nd Thursday of the month | 10:00 am  
In-person: 55 Montgomery St., Canajoharie

**Hearthstone Care Adult Day Program**  
4th Thursday of the month | 10:00 am  
In-person: 1187 NY-23A, Catskill

**Saratoga Senior Center**  
2nd Friday of the month | 11:00 am  
In-person: 290 West Ave., Saratoga Springs

**Niskayuna Senior Center**  
1st Friday of the month | 11:00 am  
In-person: 2682 Aqueduct Rd., Niskayuna

**Delmar Presbyterian Church Support Group**  
2nd Tuesday of the month | 11:00 am  
In-person: 585 Delaware Ave., Delmar

**The Plains at Parish Homestead**  
2nd Tuesday of the month | 11:00 am  
In-person: Heritage at The Plains Homestead  
163 Heritage Cir., Oneonta

**Halfmoon Senior Center**  
3rd Thursday of the month | 12:00 pm  
In-person: 287 Lower Newtown Rd., Halfmoon

### Afternoon Groups | 1pm-4pm

**Cobleskill Regional Hospital**  
2nd Friday of the month | 1:00 pm  
Telephone: dial 312.874.7636  
Enter Conference ID: 60612#

**Christ Community Reformed Church**  
2nd Wednesday of the month | 1:00 pm  
In-person: 1010 Route 146, Clifton Park

**Hawthorne Ridge**  
1st Tuesday of the month | 1:00 pm  
In-person: 32 Community Way, E. Greenbush

**Rotterdam Senior Center**  
3rd Thursday of the month | 1:00 pm  
In-person: 2639 Hamburg St., Schenectady

**Christ the King Church**  
1st & 3rd Thursday of the month | 1:00 pm  
In-person: 20 Sumter Ave., Guilderland

**Greenwich Free Library**  
1st Wednesday of the month | 1:30 pm  
In-person: 148 Main Street, Greenwich

**Glenville Senior Citizens Center**  
3rd Tuesday of the month | 1:30 pm  
In-person: 32 Worden Road, Glenville

**The United Ministry of Delhi**  
2nd Monday of the month | 2:00 pm  
In-person: 46 Church St., Delhi

**Living Hope Church**  
2nd Thursday of the month | 2:00 pm  
In-person: 57 Rennie Street, Malone

**Eddy Cohoes Support Group**  
- 1st Thursday of the month | 2:30 pm  
  In-person: Shaker Pointe, One Bell Tower Dr., Watervliet  
- 3rd Thursday of the month | 2:30 pm  
  Virtual: Call Sarah for group details: 518.410.4277

**Corinth YMCA**  
2nd Thursday of the month | 3:00 pm  
In-person: 119 Gabriel Rd., Corinth

**Queensbury Senior Center**  
3rd Monday of the month | 3:00 pm  
In-person: 742 Bay Rd., Queensbury

**SiCM (Schenectady Inner City Mission)**  
4th Wednesday of the month | 3:00 pm  
In-person: 837 Albany St., Schenectady

### Evening Groups | 4:30pm-7pm

**Elm Park Church (Oneonta)**  
3rd Thursday of the month | 5:30 pm  
Virtual or Telephone: Registration is REQUIRED - call 518.675.7214

**SUNY Plattsburgh**  
1st Tuesday of the month | 6:00 pm  
In-person: Plattsburgh Public Library  
19 Oak Street, Plattsburgh

**The FASNY Firemen’s Home**  
2nd Wednesday of the month | 5:30 pm  
In-person: The FASNY Firemen’s Home  
125 Harry Howard Avenue, Hudson

**St. John’s Episcopal Church of Cohoes**  
3rd Wednesday of the month | 5:00 pm  
In-person: 405 Vliet Blvd., Cohoes

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Visit [alz.org/CRF](http://alz.org/CRF) to find FREE educational programs in your area.

Or contact 518.675.7214

24/7 Helpline: 800.272.3900  
[alz.org/northeasternny](http://alz.org/northeasternny)
As we begin to offer in-person support groups, please be aware that the Association continues to offer a wide variety of online and telephone support groups for those who are not fully vaccinated or otherwise uncomfortable attending in-person activities.

**Specialty Support Groups**

**Men's Caregiver Support Group**
1st & 3rd Tuesday of the month | 10:00 am  
Hybrid (Combined Virtual & In-Person)  
*Call The Eddy for group details: 518.238.4164

**Adult Children Caregiver Support Group**
2nd Wednesday of the month | 6:00 pm  
Virtual or Telephone—Registration is REQUIRED.  
Call 518.675.7214 to receive the link and telephone #

**Long Distance Caregivers Support Group**
3rd Wednesday of the month | 3:30 pm  
Virtual or Telephone—Registration is REQUIRED.  
Call 518.675.7214 to receive the link and telephone #

**Younger Onset < 65 Caregivers Support Group**
3rd Tuesday of the month | 6 pm  
Virtual or Telephone—Registration is REQUIRED.  
Call 518.675.7214 to receive the link and telephone #

**Early Stage Support Groups***

2nd Tuesday of the month | 10:30 am  
In-Person: Alzheimer’s Association  
NENY office: 1003 New Loudon Rd, Ste 201, Cohoes

3rd Thursday of the month | 10:00 am  
In-Person: STRIVE in Saratoga  
4255 Route 50, Saratoga Springs

*All participants must be pre-screened to participate in these Early Stage groups. A virtual option is also available.

**WHY JOIN A SUPPORT GROUP?**

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

The Alzheimer’s Association, Northeastern New York Chapter sponsors support groups in the counties we serve. Many different organizations collaborate with us to offer support groups throughout each community.

Support groups are safe, confidential environments 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 518.675.7214 or via our 24/7 Helpline at 800.272.3900 for more information and to register.

As we being to offer in-person support groups, please be aware that the Association continues to offer a wide variety of online and telephone support groups for those who are not fully vaccinated or otherwise uncomfortable attending in-person activities.

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