

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

Arnell 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

Visit 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

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.

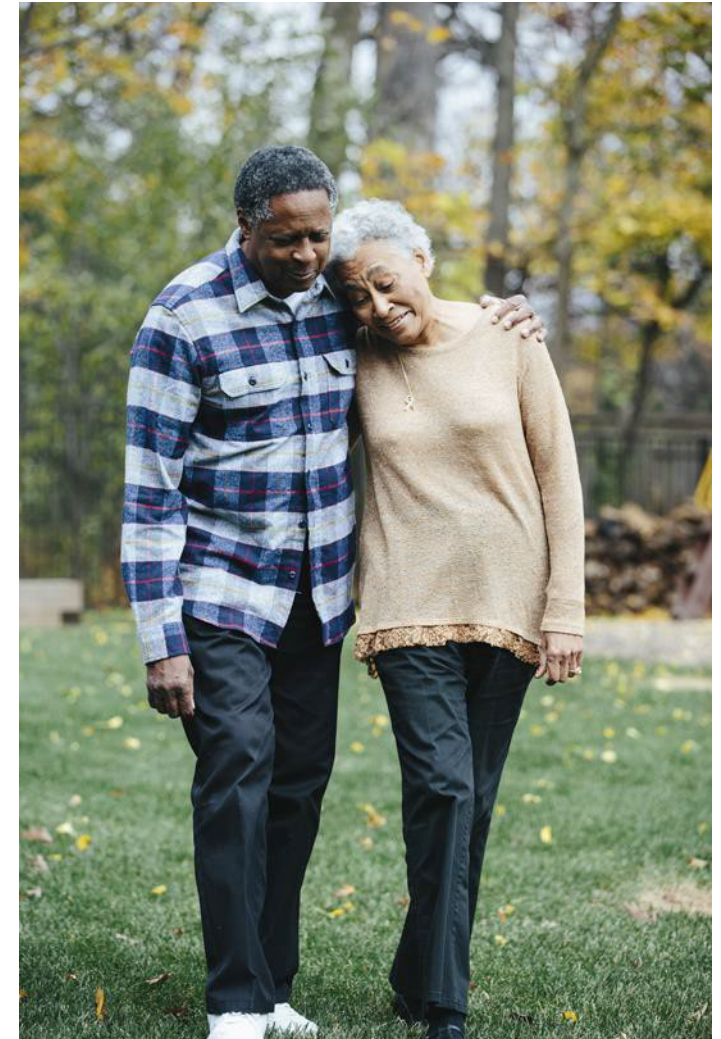
You will be encouraged to maintain your own personal, physical and emotional health, as well as provide the best care for your loved one with dementia. Groups also give you a much needed break from caregiving responsibilities. Some groups may be topic-specific, such as grief or early stage, while others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

alzheimer's  association®

Northeastern New York Caregiver Support Groups 17-County Listing



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