

# Caregiver and Adult Support Groups:


Conferences, Forums, Seminars, Virtual Support, Webinars, Workshops and More



**THE COMMUNITY  
HOSPICE**

Bereavement counseling for anyone  
experiencing the death of a loved  
one

<http://hospicegriefservices.com>



**Lifespan**  
*take it on!*

**LGBTQ+ Caregiver Support Group**

<http://www.lifespan-roch.org>



**HEALING  
SPRINGS**  
*Recovery Community  
and Outreach Center*

Brendan Norton- call or text  
**(518) 281-8389**

Email: [family@preventioncouncil.org](mailto:family@preventioncouncil.org)  
[www.facebook.com/BrendanNortonFamilySupportNavigator/](http://www.facebook.com/BrendanNortonFamilySupportNavigator/)



**SARATOGA HOSPITAL**  
*people you trust. care you deserve.*

**Community Wellness and Support  
Groups**

Phone: (518)580-2450  
[www.saratogahospital.org/classes](http://www.saratogahospital.org/classes)



**Glens Falls Hospital**

**Community Services and Healthy  
Living**

Phone: (518) 926-1000  
[www.glensfallshospital.org/services](http://www.glensfallshospital.org/services)




**THE  
CONKLING CENTER**

Join from Anywhere!!  
**Registration is Required**  
Registration email:  
[kharvish@theconklincenter.org](mailto:kharvish@theconklincenter.org)  
Or Call: (518) 793-1494




**CAREGIVER SUPPORT**  
*Alzheimer's Disease and Other Dementias*

To register contact:  
Kristen Osterhoudt  
Phone: (518) 832-4992  
[Kflem004@plattsburgh.edu](mailto:Kflem004@plattsburgh.edu)



**alzheimer's association®**

24/7 Help Line: 800-272-3900  
Free Educational Material and Support  
Group information  
[alz.org/northeasternny](http://alz.org/northeasternny)  
Local Contact: Sierra Snoddy  
Phone: (518) 675-7214  
Email: [ssnoddy@alz.org](mailto:ssnoddy@alz.org)



**AARP**  
**Family Caregiving™**

[aarp.org/caregiving](http://aarp.org/caregiving)



**HERZOG  
LAW FIRM**  
*YEARS OF SERVING THE CAPITAL REGION & HUDSON VALLEY*

Phone: (518) 465-7581  
[www.herzoglaw.com](http://www.herzoglaw.com)



**SAIL SOUTHERN ADIRONDACK  
INDEPENDENT LIVING**

Phone: (518) 792-3537  
Fax: (518) 792-0979  
71 Glenwood Avenue  
Queensbury, NY 12804

**Most Insurance Providers have a  
listing of:**

Local Support Groups, Educational  
Material, and Local Resources.

**Or contact your local NYConnects  
Office**

Washington County NYConnects  
Phone: (518) 746-2420