

## Morning Groups | 9am-12pm

### Beltrone Center

3rd Monday of the month | 9:00 am

Telephone- dial 312.874.7636

Enter Conference ID: 49875#

### Cobleskill: The Gathering Place

4th Friday of the month | 10:00 am

**\*Resuming in-person in April 2022**

147 Kenyon Rd., Cobleskill

### Saratoga Senior Center

2nd Friday of the month | 11:00 am

**\*Resuming in-person in April 2022**

5 Williams St., Saratoga Springs

### Niskayuna Senior Center

1st Friday of the month | 11:00 am

**\*Resuming in-person in April 2022**

2682 Aqueduct Rd., Niskayuna

### Bethlehem Caregiver Support Group

2nd Tuesday of the month | 11:00 am

**\*Resuming in-person in April 2022**

445 Delaware Ave., Delmar

### The Plains at Parish Homestead

1st Thursday of the month | 12:00 pm

Virtual or Telephone-Registration is REQUIRED -  
call 518.867.4999

### Halfmoon Senior Center

3rd Thursday of the month | 12:00 pm

**\*Resuming in-person in April 2022**

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

**\*Resuming in-person in April 2022**

1010 Route 146, Clifton Park

### Hawthorne Ridge

1st Tuesday of the month | 1:00 pm

Telephone-dial 312.874.7636

Enter Conference ID: 25992#

### Christ the King Church

1st & 3rd Thursday of the month | 1:00 pm

**\*Resuming in-person in April 2022**

20 Sumter Ave., Guilderland

### Greenwich Free Library

1st Wednesday of the month | 1:00 pm

**\*In-person**

148 Main Street, Greenwich

### Tri-town Senior Center, Civic Center

4th Tuesday of the month | 1:30 pm

Telephone-dial 312.874.7636

Enter Conference ID: 60612#

### The United Ministry of Delhi

2nd Monday of the month | 2:00 pm

**\*Resuming in-person in April 2022**

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 starting April 2022)

Shaker Pointe, One Bell Tower Dr., Watervliet

3rd Thursday of the month | 2:30 pm

**(Remaining virtual)**

Call Sandy for group details: 518.238.4167

### Corinth YMCA

2nd & 4th Thursday of the month | 3:00 pm

**\*Resuming in-person in April 2022**

119 Gabriel Rd., Corinth

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

### Elm Park Church (Oneonta)

3rd Thursday of the month | 5:30 pm

Virtual or Telephone-Registration is

REQUIRED - call 518.867.4999

### SUNY Plattsburgh

1st Tuesday of the month | 6:00 pm

**\*In-person**

Center for Neurobehavioral Health-

Sibley Hall 534

113 Rugar Street, Plattsburgh

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

Or contact 518.867.4999.

**24/7 Helpline: 800.272.3900**  
[alz.org/northeasternny](https://alz.org/northeasternny)

## Specialty Support Groups

### Men's Caregiver Support Group

1st & 3rd Tuesday of the month | 10:00 am

Virtual or Telephone

\*Call The Eddy for group details: 518.238.4164

### Long Term Care Family Caregiver Support Group

4th Monday of the month | 2:00 pm

Virtual or Telephone-

Registration is REQUIRED.

Call 518.867.4999 to receive

the link and telephone #

### Adult Children Caregiver Support Group

2nd Wednesday of the month | 6:00 pm

Virtual or Telephone-

Registration is REQUIRED.

Call 518.867.4999 to receive

the link and telephone #

### Younger Adult (Millennials/Sandwich Generation) Caregiver Support Group

1st Tuesday of the month | 5:30 pm

Virtual or Telephone-

Registration is REQUIRED.

Call 518.867.4999 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 518.867.4999 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 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.

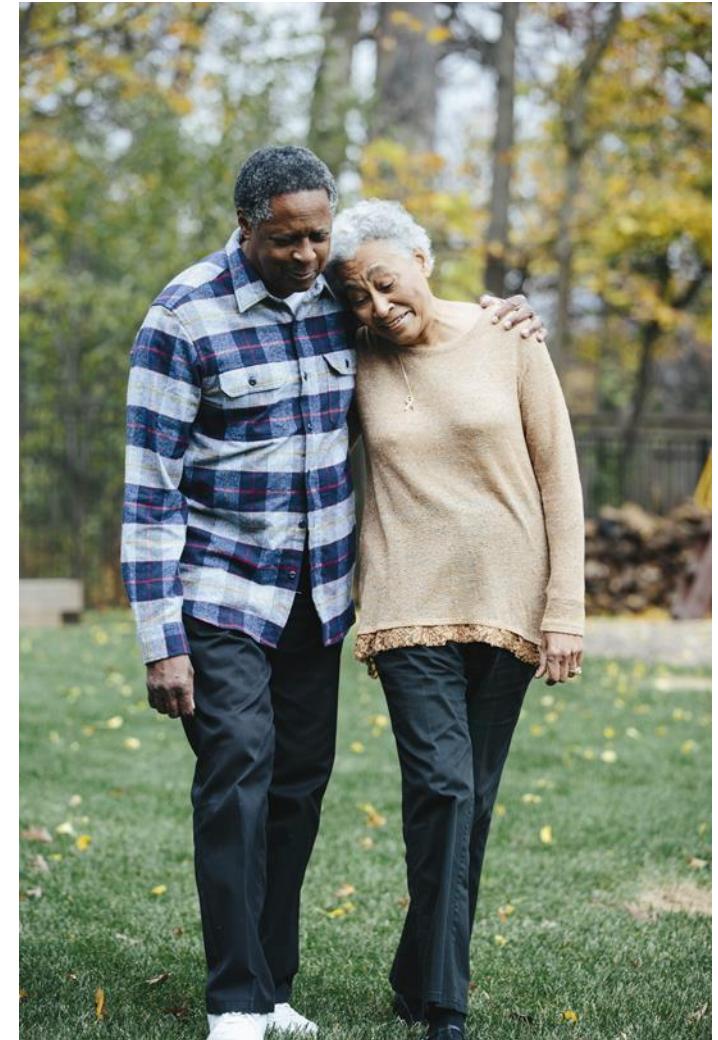
You will be encouraged to maintain your own personal, physical and emotional health, as well as provide the best care for your loved one with dementia. Groups also give you a much needed break from caregiving responsibilities. Some groups may be topic-specific, such as grief or early stage, while others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

**Due to COVID-19 and the affects it has had on our communities The Alzheimer's Association NENY Chapter will be slowly resuming in-person support group engagement. At this time only the support groups listed in red and listed as in-person with the address listed will be conducted in-person. Our chapter will continue to offer a variety of online and telephone support groups as well moving forward. If you are new to a group or have not participated in a while, please call ahead or visit our website to check the status of the group.**

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.