



## Caregiver Discussion/Support Groups

Family caregivers, of older or disabled persons, assume responsibilities and experience many changes in their lifestyles. They say they are frustrated in knowing how to solve the multitude of challenges facing them and don't know where to turn for help. They need support. You need support!

Through the Onondaga County Department of Adult and Long Term Care, Office for Aging, **Caregiver Services** provides on-going support through **Caregiver Discussion/Support Groups**. We are now offering our Caregiver Discussion/Support Group meetings **in-person** AND **virtually** so that caregivers, or other loved ones, can interact, share, and learn from each other in a safe, supportive environment, either in-person, online or through your phone, without geographic restrictions!

Caregivers and loved ones are welcome to join in any group at a time that works best for you. You may join the in-person group or any of the ones on a Zoom platform. Those you can join using a computer, tablet or smart phone. You may join any of the zoom groups by clicking on the following link, at the appropriate time, or by using the number below if you don't have computer access.

Join the meeting online: [Caregiver Group Zoom Link](#) or join the meeting by phone: 646-558-8656. Meeting ID: 357 334-5126. Passcode: 374439

### Group Information

**1st Wednesday In-Person & Zoom Caregiver Discussion/Support Group** Meets the first Wednesday of each month from 12:30-2:00 pm  
**Community Library of DeWitt & Jamesville**, 5110 Jamesville Rd.,  
Jamesville , NY 13078 Website: <https://cldandj.org/>

**3rd Wednesday Zoom Caregiver Discussion/Support Group**  
Meets the third Wednesday of each month from 2:30-4:00 pm

**2nd & 4th Thursday In-Person & Zoom Caregiver Discussion/Support Group (Call for Location)** Meets the 2nd & 4th Thursday of each month from 6:00-7:30 pm **Contact: (315) 435-2362 Ext. 4693**

