



Family Service League's Commack Caregiver Support Group

Family Service League offers support and education programs that can help people caring for a frail or elderly relative to cope with the inherent stress of their situation.

The program, open to residents throughout Suffolk County, provides group and individual counseling. Lending support to help caregivers better handle the complex emotions they experience such as fear, guilt, anger, and anxiety. Caregivers learn new coping skills for stress, gain a better understand of their role and help securing any resources that may be available.

ALL SERVICES ARE FREE OF CHARGE

Funding provided by the Suffolk County Office for Aging and the
US Department of Health & Human Services through the NYS Office for Aging

FSL's Commack Caregiver Support Group

2nd and 4th Thursday every month from 11:30am to 1pm

74 Hauppauge Road – Room 47, Commack, NY 11725.

Beth Signore, LCSW, Program Director - Caregiver Support

Pre-register for group at

631-724-6300 or beth.signore@fsl-li.org

We're social, follow FSL on...



www.fsl-li.org