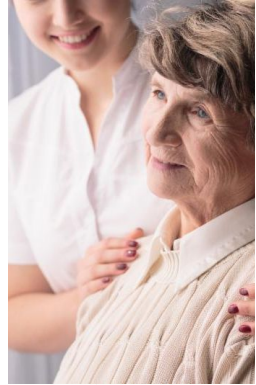




**DONATE
NOW**

FREE Caregiver Support from the convenience of your home!

Family Service League's free individual and group caregiver support counseling is now available by phone and Zoom. Speaking confidentially with a social worker or in a group setting can be very helpful. These support services are designed to help those caring for a frail or elderly person cope with the inherent stress of their situation. For many, COVID-19 has created additional challenges for caregivers. Attendees will learn new coping skills for stress, gain a better understanding of their role, talk about options, and receive help securing assistance to available resources. Other educational presentations and topics, such as elder law and Medicare, can be scheduled on as needed.



Caregiver Groups

- Anyone caring for an aging loved one**
2nd Friday of the month 1:00pm - 2:00pm
- Caring for a spouse or significant other**
2nd and 4th Thursday of the month 11:30am – 1:00pm
- Caring for a loved one with cognitive impairment**
4th Friday of the month 10:00am – 11:30am
- Adult children caring for an aging parent**
2nd Tuesday of the month 6:00pm – 7:30pm

**For more information and to register contact
Beth Signore, LCSW at 631-724-6300 or Beth.Signore@fsl-li.org**

These programs are FREE to attendees. Funding is provided by the Department of Health and Human Services through the New York State Office for the Aging and the Suffolk County Office for the Aging

Bereavement Support Groups

We welcome family members who have lost loved ones to overdose or addiction to join the FREE monthly Zoom meetings of the Beading Hearts Group facilitated by FSL.

- Brothers and sisters who lost their siblings to overdose or addiction**
1st Wednesday of every month 6:30pm
- Parents who found their child following an overdose**
2nd Thursday of every month 7:00pm
- Parents who lost an only child to overdose or addiction**
4th Tuesday of every month 7:00pm
- Parents in Recovery who lost a child to overdose or addiction**
4th Thursday of every month 7:00pm

There is no fee. These vital programs are generously funded by the LOOK UP for ADAM Foundation.

**For information or to register contact
Robyn Berger-Gaston, LCSW-R at 631-591-7580 or rberger-gaston@fsl-li.org**

**FSL offers FREE support groups for those who lost a loved one to suicide,
part of the Joe's Project program.**
2nd and 4th Wednesday of each month 7:00pm - 8:30pm

**For information or to register contact
Catherine Albanese, LMSW at 631-650-0104 or calbanese@fsl-li.org**

Visit the "Find Help" page of www.fsl-li.org for information on services and programs for children, families, and seniors.

For 95 years, FSL has provided all aspects of human services, including mental health counseling, addiction prevention & treatment, crisis care, early education, and family & senior services. Today, in communities across Long Island, FSL is Restoring Hope & Rebuilding Lives. Your contribution is needed. Together, we can build a stronger future for everyone. Make a tax deductible donation by clicking the Donate Now button or text 41444 and type "FSL".

Thank you!

631-427-3700 restorehope@fsl-li.org www.fsl-li.org

