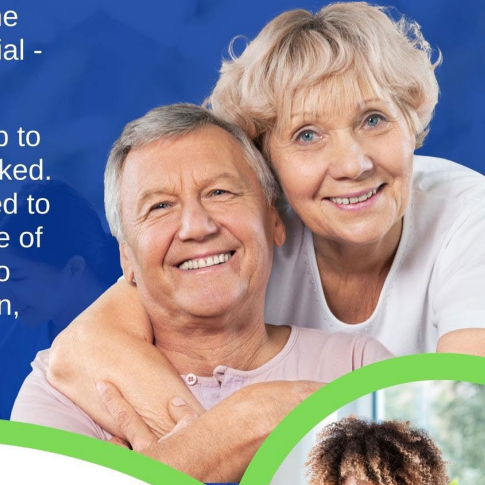


CAREGIVER SUPPORT SERVICES

We understand the unique challenges and needs that Long Island's seniors face every day. The responsibility of taking care of a loved one often falls on the shoulders of someone special - a Caregiver.

Caregivers need support, resources, and help to ensure that their needs are not being overlooked. Family Service League offers groups designed to help those caring for a loved one over the age of 60. Attendees will learn new skills designed to help relieve the inherent stress of the situation, gain a better understanding of their role and options, and receive help securing any assistance to resources.



SUPPORT GROUPS

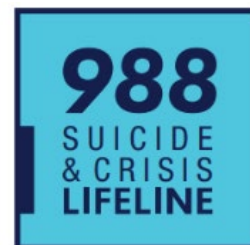
- ADULT CHILDREN OF AGING PARENTS
2nd and 4th Tuesday - 6pm to 7pm (Zoom)
- CAREGIVER OF A SPOUSE IN A COMMUNITY FACILITY
4th Tuesday - 10am to 11am (Zoom)
- CAREGIVER OF LOVED ONE WITH COGNITIVE IMPAIRMENT
2nd and 4th Friday - 10am to 11am (Zoom)
- CAREGIVER SUPPORT
Last Wednesday of each month – 2pm to 3pm (in person)
Acadia Center for Nursing and Rehabilitation
1146 Woodcrest Lane, Riverhead



For information contact 516-406-1085 or beth.signore@fsl-li.org

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.

Visit the "[Find Help](#)" page of www.FSL-LI.org for information about services, programs, and the 24-hour crisis care options that are available to Suffolk County's children, teens, and adults.



DONATE AND MAKE A DIFFERENCE TODAY!

FSL provides all aspects of human services, including mental health counseling, addiction prevention & treatment, housing, crisis care, early education, and family & senior services. You can help by making a tax-deductible gift - click the Donate button or text **FSL25** to **91999**.

Make your gift via Venmo! Visit our [Donation Page](#), and choose the Paypal/Venmo option, then click the Venmo button.

Our Commitment to Our Donors: We will not sell, share, or trade our donors' names or personal information with any other entity.



If you think the work we do and the programs we provide are an important community resource for Long Islanders, let us know.

We would love to hear from you and hope you follow us on social media:



Thank you!

