



## Caregiver Chat Group Schedule

**Monday Chat Group** – meets the first Monday of the month from 1 – 3 pm at the UHS Stay Healthy Center in the Oakdale Mall (near Sears). Please refer to the Caregiver Corner for the schedule or call the Office for Aging at 778-2411.

**Wayne Street Chat Group** – meets the third Wednesday of the month from 9:30 – 11 am at the Broome West Senior Center in Endwell.

**Northern Broome Caregiver Connection Chat Group** – meets the first Wednesday of the month from 9:30 – 10:30 am at the Northern Broome Senior Center in Whitney Point.

The Wayne Street and Northern Broome Chat groups can also provide some limited respite care if you call ahead of time to make arrangements.

When you attend one of the chat groups, you will see that you are with people that can relate to what you are going through. You can also share and learn tips to better manage your caregiving situation, which may in turn help you feel less overwhelmed and more in control of your life.