



Virtual Caregivers Support Group

1st Thursday of every month
12:00–1:00 pm

Facilitated by NYOH Social workers:

Aja Levenson, LMSW and Christine Webber, LCSW

This focus group will provide caregivers with a mutually supportive space to:

- Share experiences
- Process emotions
- Connect to community resources
- Receive psychoeducation

There is no cost to participate in the monthly support group sessions.

To register, please call Aja Levenson, LMSW at 518-262-2245 or Christine Webber, LCSW at 518-489-0044 x 1051.