



SCHENECTADY COUNTY CAREGIVERS PROGRAM 2021

SELF-CARE FOR CAREGIVERS

Too often as caregivers, we put the needs of others before our own, which can lead to stress and burnout. Join us at our Self-Care for Caregivers programs to help support your emotional, spiritual and physical well-being. There will be no in-person events in January due to CDC COVID-19 safety guidelines.

Caregiver Support Group January Conference Calls

Tuesday, 1/5, 2021, 1:30-2:30pm

Tuesday, 1/12, 2021, 1:30-2:30pm

Thursday, 1/21, 2021, 5:30-6:30pm

Monday, 1/25, 2021, 5:30-6:30pm

Dial-in Number: (978) 990-5000

Access Code: 368-996#

TO REGISTER, CALL:

Wendy Petroci

Family Caregiver & Social Worker

(518) 382-8481 x9-308



NY Connects
Your Link to Long Term
Services and Supports