



## Caregiver Chat Group Schedule

**Monday Chat Group** – meets the first Monday of the month from 1:00 – 2:30 PM at the UHS Stay Healthy Center in the Oakdale Mall. Please refer to the Caregiver Corner for the schedule or call the Office for Aging at (607) 778-2411.

**Wayne Street Chat Group** – meets the third Wednesday of the month from 9:30 – 11:00 AM at the Broome West Senior Center in Endwell. Limited respite care may be provided 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.