



# Caregiver Support Group

## Coffee Hour

When: **First & Third** Thursday of every month

Time: **10:00 am to 12:00 pm**

Where: Our Office  
138 Dominic Bruno Blvd  
Canastota NY 13032

### 2024 Conversation Starters

Month	First	Third	Conversation Starter Topics
January	4	& 18	Behavior Changes
February	1	& 15	Dealing with Anger
March	7	& 21	Caregiver Respite
April	4	& 18	Empowering Caregivers
May	2	& 16	Caring for the Caregiver
June	6	& 20	Finding Stress Relief
July	X	& 18	Advanced Directives
August	1	& 15	Compassion Fatigue
September	5	& 19	Self-Care for Caregivers
October	3	& 17	Backup Plans
November	7	& 21	Caregivers Month
December	5	& 19	Gratitude

Please call our office at 315-697-5700 for more information

**MADISON COUNTY OFFICE FOR THE AGING, INC**

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