



Office For The Aging

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

2026 Conversation Starters

Month	First	Third	Conversation Starter Topics
January	X	& 15	Caregiver Respite
February	5	& 19	Stress Busters
March	5	& 19	Social Isolation
April	2	& 16	Empowering Caregivers
May	7	& 21	Caring for the Caregiver
June	4	& 18	Backups
July	2	& 16	Power Positives
August	6	& 20	Compassion Fatigue
September	3	& 17	Behavior Changes
October	1	& 15	Breathing Exercises
November	5	& 19	Caregivers Month
December	3	& 17	Gratitude

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

Madison County Office for the Aging, Inc

Funded by the U.S. Administration on Aging under Title III of the Older Americans Act, New York State
Office for the Aging, Madison County Board of Supervisors, and local contributions.

This institution is an equal opportunity provider and employer.