

# SUPPORT GROUP FOR Caregivers

A compassionate, structured space for caregivers of older adults to share experiences, receive support, and learn strategies for self-care and resilience.\*

**Facilitator: Jennifer Sanfilippo, MBA (she/her)**

\*Registration required

**Fourth Thursday of each month from 3:00 - 4:30pm  
at Rochester Presbyterian Home  
256 Thurston Road, Rochester, NY 14619**



Jennifer Sanfilippo is a mental health counselor-in-training and experienced group facilitator with a background in executive coaching, consulting, and public service. She is trained in group facilitation through the Center for Group Studies in New York City and brings a relational, process-oriented approach to group work. Jennifer is the author of *Our Lask Walk Home: Love, Cancer, and the Agony of Letting Go*, which grew out of her experience as a caregiver and her work in grief support. She has facilitated support groups in the Rochester area that invite honest, compassionate conversation around caregiving, and life transitions. In group settings, she prioritizes psychological safety, shared meaning-making, and the power of connection among participants. Jennifer is committed to creating spaces where caregivers feel seen, supported, and less alone.

**Registration required.**

**Visit: [lifespanrochester.org](https://lifespanrochester.org)**

**Contact: [lisa.beers@rph.org](mailto:lisa.beers@rph.org)**

**or Scan the QR Code:**

