

Virtual Caregivers Support Group

1st Thursday of
every month
12:00–1:00pm



Facilitated by NYOH
social workers,
Christine Webber, LCSW
and Catherine McAvoy-
Pindar, LCSW

This focus group will
provide caregivers with a
mutually supportive
space to:

- Share experiences
- Process emotions
- Connect to community
resources

**There is no cost to
participate in the monthly
support group sessions.**

To register, please call
Christine Webber, at
(518) 489-3612 x 1051.
or Catherine McAvoy-
Pindar at (518) 831-4434
x4513

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