



# Virtual Caregivers Support Group

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

*Facilitated by NYOH Social workers:*

Aja Levenson, LMSW and Christine Webber, LMSW

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

- Share experiences
- Process emotions
- Connect to community resources
- Receive psychoeducation

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

To register, please call Aja Levenson, LMSW at 518-262-2245 or Christine Webber, LMSW at 518-489-0044 x 1051.