



CAREGIVER SUPPORT GROUP

Ulster County Office for the Aging (OFA) and MHA are offering a support group designed for caregivers seeking support and interaction with other caregivers. The group will also allow caregivers to learn skills, share information, and learn about available resources.

**FOR REGISTRATION AND
DETAILS PLEASE CALL**

**OFFICE FOR THE AGING
845-340-3456**

**Meets every
Wednesday
4:00 - 5:15 pm**

**Meetings are
available via
ZOOM**



 **MHA**
The Mental Health
Association
In Ulster County, Inc.