



Support Services for Caregivers

Funding provided by New York State Office for the Aging and
Suffolk County Office for the Aging.
Caregivers Support Service Project 2016 - 2017

Yoga for Caregivers

Tuesdays: February 14, 21, and 28
2:00 - 3:00 pm, Room 106



Art Therapy

Wednesdays: February 1 and 15
10:30 am - 12:30 pm, Room 205

Daytime Support Group

Monday: February 6 and 27
1:30 - 3:00 pm, Room 117 (Library)

Respite Program: While caregivers attend any of these sessions, respite care is available for your loved one. Please call 2 days in advance for a respite care appointment.

**For more information and/or to register for groups,
contact Holli Dunayer, MSW
631-351-3253**

Other Support Services

HEAP

(Home Energy Assistance Program)
Need help with heating costs?

Are you a PSEG or National Grid customer? You may be entitled to financial assistance in heating your home this winter. You must meet HEAP income guidelines.

Call Holli Dunayer
631.351.3253

Are you grieving the loss
of a loved one?

Join our Bereavement
Support Group

Wednesday, February 8
10:30 - 11:30 am
Room 117 (Library)

Veterans Discussion Group

Friday, February 17
10:30 - 11:30 am
Room 117 (Library)