

Caring for an Elderly Loved One?

Learn from both OHEL Eldercare Professionals and fellow Caregivers to best address challenges. **You Are Not Alone.**



Family Caregiver Support Group



Join a Caregiver Support Group led by OHEL Geriatric Specialists. Get the support you need and learn about new training ideas, techniques, tips and secure your own peace of mind.

EVERY OTHER WEDNESDAY

Call for more information

1:00-2:30 PM & 7:00-8:30 PM

**At OHEL, 125B Spruce St.
Cedarhurst, NY 11516**

In The Gourmet Glatt Shopping Center

For more information please call Harriet Blank
at 718-686-3120



ALWAYS ON CALL **1-800-603-OHEL**

LIVE HELP ONLINE **www.ohelfamily.org**

CONFIDENTIAL RESPONSE **access@ohelfamily.org**