



Caregiver Chat Group Schedule

Please note: due to COVID-19, in-person Chat Groups are temporarily on hold. The groups will meet virtually for the time being.

Monday Chat Group – meets the first Monday of the month from 1:00 – 2:30 PM by conference call. Please refer to the Caregiver Corner for the schedule or call the Office for Aging at (607) 778-2411.

Wayne Street Chat Group – meets the third Wednesday of the month from 9:30 – 11:00 AM by Zoom. Please refer to the Caregiver Corner for the schedule or call the Office for Aging at (607) 778-2411.

When you attend one of the Chat Groups, you will see that you are with people that can relate to what you are going through. You can also share and learn tips to better manage your caregiving situation, which may in turn help you feel less overwhelmed and more in control of your life.