

Caregiver Support Groups

A place to connect with caregivers, friends, family and persons with dementia

Lyndonville Presbyterian Church
107 N Main Street, Lyndonville, NY
1st Friday of each month
11:00am-12:00pm

Concordia Lutheran Church
1769 Kendall Road, Kendall, NY
3rd Thursday of each month
1:00pm-2:00pm

Support groups create a safe, confidential, supportive environment or community and a chance for participants to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems.

The groups encourage caregivers to maintain their own personal, physical and emotional health as well as optimally care for the person with dementia. In addition, they may provide a needed break from caregiving responsibilities.

These meetings are supported by a grant from the New York State Department of Health in partnership with Lifespan of Greater Rochester.