

Morning Groups | 9am-12pm

Beltrone Center

3rd Monday of the month | 9:00 am

In-person: 6 Winners Circle, Albany

Cobleskill: The Gathering Place

4th Friday of the month | 10:00 am

In-person: 147 Kenyon Rd., Cobleskill

SUNY Plattsburgh (North Country)

2nd Monday of the month | 10:00 am

Virtual: Registration is REQUIRED - call 518.675.7214

Lake Placid Baptist Church

Last Monday of the month | 10:00 am

In-person: 2253 Saranac Ave., Lake Placid

Gloversville Public Library

3rd Wednesday of the month | 10:00 am

In-person: 58 E. Fulton St., Gloversville

Arkell Center

2nd Thursday of the month | 10:00 am

In-person: 55 Montgomery St., Canajoharie

Saratoga Senior Center

2nd Friday of the month | 11:00 am

In-person: 5 Williams St., Saratoga Springs

Niskayuna Senior Center

1st Friday of the month | 11:00 am

In-person: 2682 Aqueduct Rd., Niskayuna

Bethlehem Caregiver Support Group

2nd Tuesday of the month | 11:00 am

In-person: 445 Delaware Ave., Delmar

The Plains at Parish Homestead

- **1st Thursday of the month | 12:00 pm**

Virtual or Telephone: Registration is REQUIRED - call 518.675.7214

- **2nd Tuesday of the month | 11:00 am**

In-person: Heritage at The Plains Homestead, 163 Heritage Cir., Oneonta

Halfmoon Senior Center

3rd Thursday of the month | 12:00 pm

In-person: 287 Lower Newtown Rd., Halfmoon

Afternoon Groups | 1pm-4pm

Cobleskill Regional Hospital

2nd Friday of the month | 1:00 pm

Telephone: dial 312.874.7636

Enter Conference ID: 60612#

Christ Community Reformed Church

2nd Wednesday of the month | 1:00 pm

In-person: 1010 Route 146, Clifton Park

Hawthorne Ridge

1st Tuesday of the month | 1:00 pm

In-person: 32 Community Way, E. Greenbush

Christ the King Church

1st & 3rd Thursday of the month | 1:00 pm

In-person: 20 Sumter Ave., Guilderland

Greenwich Free Library

1st Wednesday of the month | 1:30 pm

In-person: 148 Main Street, Greenwich

The United Ministry of Delhi

2nd Monday of the month | 2:00 pm

In-person: 46 Church St., Delhi

Living Hope Church

2nd Thursday of the month | 2:00 pm

In-person: 57 Rennie Street, Malone

Eddy Cohoes Support Group

- **1st Thursday of the month | 2:30 pm**

In-person: Shaker Pointe,
One Bell Tower Dr., Watervliet

- **3rd Thursday of the month | 2:30 pm**

Virtual: Call Sandy for group details:
518.238.4167

Corinth YMCA

2nd Thursday of the month | 3:00 pm

In-person: 119 Gabriel Rd., Corinth

Queensbury Senior Center

3rd Monday of the month | 3:00 pm

In-person: 742 Bay Rd., Queensbury

SiCM (Schenectady Inner City Mission)

4th Wednesday of the month | 3:00 pm

In-person: 837 Albany St., Schenectady

Evening Groups | 4:30pm-7pm

Elm Park Church (Oneonta)

3rd Thursday of the month | 5:30 pm

Virtual or Telephone: Registration is REQUIRED - call 518.675.7214

SUNY Plattsburgh

1st Tuesday of the month | 6:00 pm

In-person: Center for Neurobehavioral Health-Sibley Hall 534, 113 Rugar Street, Plattsburgh

The FASNY Firemen's Home

2nd Wednesday of the month | 5:30 pm

In-person: The FASNY Firemen's Home
125 Harry Howard Avenue, Hudson

Visit alz.org/CRF to find FREE educational programs in your area.

Or contact 518.675.7214

24/7 Helpline: 800.272.3900
alz.org/northeasternny

Specialty Support Groups

Men's Caregiver Support Group

1st & 3rd Tuesday of the month | 10:00 am
Virtual or Telephone

*Call The Eddy for group details: 518.238.4164

Long Term Care Family Caregiver Support Group

4th Monday of the month | 2:00 pm

Virtual or Telephone-

Registration is REQUIRED.

Call 518.675.7214 to receive
the link and telephone #

Adult Children Caregiver Support Group

2nd Wednesday of the month | 6:00 pm

Virtual or Telephone-

Registration is REQUIRED.

Call 518.675.7214 to receive
the link and telephone #

Younger Adult (Millennials/Sandwich Generation) Caregiver Support Group

1st Tuesday of the month | 5:30 pm

Virtual or Telephone-

Registration is REQUIRED.

Call 518.675.7214 to receive
the link and telephone #

Long Distance Caregivers Support Group

3rd Wednesday of the month | 3:30 pm

Virtual or Telephone-

Registration is REQUIRED.

Call 518.675.7214 to receive
the link and telephone #

Younger Onset < 65 Caregivers Support Group

3rd Tuesday of the month | 6 pm

Virtual or Telephone-

Registration is REQUIRED.

Call 518.675.7214 to receive
the link and telephone #

Early Stage Support Group

2nd Tuesday of the month | 10:30 am

In-Person: Alzheimer's

Association NENY office: 1003
New Loudon Rd, Ste 201,
Cohoes

*All participants must be pre-
screened to participate in this
group. A virtual option is also
available.

WHY JOIN A SUPPORT GROUP?

Support groups are groups of people who get together regularly to talk about issues related to Alzheimer's disease. Groups combine social, educational and support components and are facilitated by trained individuals.

The Alzheimer's Association, Northeastern New York Chapter sponsors support groups in the counties we serve. Many different organizations collaborate with us to offer support groups throughout each community.

Support groups are safe, confidential environments where you can find support, encouragement and wisdom from others with similar experiences. You'll also get education and the latest information about dementia and will develop skills to solve problems.

You will be encouraged to maintain your own personal, physical and emotional health, as well as provide the best care for your loved one with dementia. Groups also give you a much needed break from caregiving responsibilities. Some groups may be topic-specific, such as grief or early stage, while others are more general in nature.

Please feel free to contact us at **518.675.7214** or via our 24/7 Helpline at **800.272.3900** for more information and to register.

As we begin to offer in-person support groups, please be aware that the Association continues to offer a wide variety of online and telephone support groups for those who are not fully vaccinated or otherwise uncomfortable attending in-person activities.

alzheimer's  association®

Northeastern New York Caregiver Support Groups 17-County Listing



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