



ALZHEIMER'S  ASSOCIATION®

Cornell Cooperative Extension | **Sullivan County**

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Caregiver

Cafe' Support Group

Jan-June 2026



Jan. 5th Feb. 2nd March 2nd April 6th May 4th June 1st



**1st Monday of
each month
10 am-11 am**

Registration Required:

Use the QR code below or go to
<https://tinyurl.com/5n6mtpy4>

Take a break while you:

- **Learn about tips for self-care**
- **Share caregiving strategies**
- **Connect with others**
- **Enjoy a light snack on us!**



The Caregiver Resource Center is a co-partnered program between Cornell Cooperative Extension and Office for the Aging of Sullivan County and is supported by grants from the NYS Office for the Aging's Caregiver Program and the Alzheimer's Association.

Cornell Cooperative Extension Sullivan County is an equal opportunity educator, provider and employer.