



ALZHEIMER'S ASSOCIATION®

Cornell Cooperative Extension | Sullivan County

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# Caregiver Cafe' Support Group July-Dec 2026



July 13    Aug 10    Sept 14    Oct 19\* - (3<sup>rd</sup> Monday)  
Nov 9    Dec 14



2nd 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 light refreshments



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.