



Caregiver Support Group 2025

Helios Care recognizes the wonderful work of caregivers and the toll it may sometimes take. If you are caring for a loved one, thank you! This group will connect caregivers with others, identify local resources, & create strategies for self-care. **If you are caring for someone who is seriously or chronically ill and would like to join this support group, please call us at (607) 432-5525 to register.**

Where: Helios Care Office
297 River Street Service Road
Oneonta, NY

***Attend virtually or in-person**

**When: 1/9, 2/13, 3/13, 4/10, 5/8, 6/12,
7/10, 8/14, 9/11, 10/9, 11/13, 12/11**
10:00am - 11:30am
2nd Thursday of the month

Cost: Free but
Registration is required



Helios Care

COMPASSION, CHOICES & DIGNITY

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