



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 St. Service Road, Oneonta

***Attend virtually or in-person**

When: September 11th, October 9th,

November 13th & December 11th

***2nd Thursday of the month**

Time: 10:00am - 11:30am

This group is free, but please register by calling (607) 432-5525.



Helios Care

COMPASSION, CHOICES & DIGNITY

(607) 432-5525 | www.HeliosCare.org