

ARE YOU A CAREGIVER?

DO YOU CARE FOR A FAMILY MEMBER, CHILD OR FRIEND?
ARE YOU SUPPORTING A LOVED ONE FINANCIALLY, EMOTION-
ALLY, OR PHYSICALLY?
DO YOU FEEL OVERWHELMED BY YOUR RESPONSIBILITIES?

*Get useful tips to help you manage the
challenging situations that arise when caring for
loved ones*

JOIN US FOR OUR CAREGIVERS SUPPORT GROUPS

Upcoming Groups:
Wednesday, Feb. 22nd from 6:30-7:30pm
OR
Thursday, Feb. 23rd from 11am-12pm

For more information about services for Caregivers
or to RSVP for the Support Group, please contact
Avi Moskowitz, LMSW
212-569-6200 ext. 233
Amoskowitz@ywashhts.org

Skype and Teleconferencing is available upon request

Individual counseling is also available