



FINKELSTEIN
MEMORIAL LIBRARY



Caregiver Health and Wellness Group

VCS in Partnership with the Finkelstein Memorial Library

Join us starting on August 7th, 2023!

Every Monday from 3:00p.m. to 4:00p.m.

Location: Finkelstein Memorial Library

Fielding Room (3rd Floor)

Address: 24 Chestnut Street, Spring Valley , NY 10977

This is a free service that provides resources for individuals who are caring for an elderly spouse, grandparent, mother, father, relative or non-related relative like a good friend.

Group members receive guidance, coping strategies, and share useful resources that have helped them through the caregiving journey.

Registration for the group is required.

To register, please contact Dina Nejman at:

Tel. 845-842-9116 or email: Dnejman@vcs-inc.org

Feel free to leave a voicemail if necessary.