

Local support groups that may be of interest to older adults and/or caregivers

There are several support groups available to older adults and/or caregivers. These options are a great resource for information and connection to others. If you are in need of other services to support you in your caregiver role please contact the Office for Aging Caregiver Services Program by calling 607-778-2411. Through the Office for Aging caregivers can get information over the phone, in the office or in their home to help them understand local services and connect them to programs they may need. Visit www.gobroomecounty.com/senior to learn more.

Caregiver relevant information is also published in the Caregiver Corner section of the Senior News. You can find Senior News at your local senior center or subscribe by calling 607-778-2411. An online copy of the Senior News can be found at www.gobroomecounty.com/senior/seniornews.

For other information about services that support older adults in the community contact the Office for Aging at 607-778-2411 or NY Connects at 607-778-2278

Updated: January 2024

Support Group	Location Time & Day	Provider & Contact
ALS Peer Support Group Broome County (for individuals with ALS and their families/caregivers)	Zoom Platform Third Thursday, 6:30-8:00pm	Natalie Andrews, CSC (315) 413-0508 website: alsaupstateny.org
Alzheimer's Support Group (for Caregivers of people with dementia who live in a facility)	Video/Teleconference Meeting Second Wednesday 10:00-11:30 am	To register, contact the Alzheimer's Association: (800) 272-3900
Alzheimer's Support Group for Caregivers Johnson City	United Methodist Homes, Hilltop Campus 286 Deyo Hill Rd, Johnson City Third Wednesday, 4:00-5:30 pm	Alzheimer's Association (800)-272-3900
Bereavement Support Groups through Lourdes/Ascension	Google Meets Platform Groups meet on a 6-week cycle/schedule	Lourdes Ascension Hospital Bereavement Team 607-798-5692
Brain Injury Support Group for Caregivers	Zoom Platform First Thursday, 6:30 – 8:00pm No October Meeting	Kelly 607-283-2163 email: khindes@bianys.org

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Brain Injury Peer Support Group Binghamton	601 Gates Rd, Vestal Second Tuesday, 6:00 – 8:00pm	Jill 607-343-3355 email: jill.lovolo@comop.org
Broome County Office for Aging Caregiver Chat Group at the Johnson City Senior Center	Meets in person at 30 Brocton Street in Johnson City. First Monday, 1:00 – 2:30pm	For more information call the Office for Aging at 607-778-2411
Broome County Office for Aging Wayne Street Caregiver Chat Group	Meets in person and on Zoom at the Broome West Senior center at 2801 Wayne Street in Endwell Third Wednesday 9:30 – 11:00 am	To obtain Zoom review the latest Senior News or call the Office for Aging at 607-778-2411
Caregiver Support Group for Partners & Spouses	Telephone Based Mondays, 7:00-8:00pp	Alzheimer's Foundation of America 1-866-232-8484
Depression and Bipolar Association Support Group	Unitarian Universalist Congregation 183 Riverside Dr Binghamton Mondays, 6:00 – 7:30pm	Call Chris Petraske before attending: 607-232-8258
Early-Stage Alzheimer's Support Vestal Group <i>For individuals living with early- stage dementia.</i>	Zoom Platform Second Friday, 1:00 pm	Alzheimer's Association Please note: Advanced screening is recommended prior to attending (800)-272-3900
General Caregivers Support Group	Telephone Based Tuesdays, 3:30-4:30pm	Alzheimer's Foundation of America 1-866-232-8484
Grief Support Groups	Varies	Visit : https://www.griefshare.org/ To find grief support group in your area.
Lourdes Ascension Caregiver Support Group	Google Meets Platform Second Wednesday, 1:00 – 2:00pm	Lourdes Ascension Megan Peters, LMSW, or Heide Bowne, LCSW 607-798-5418
Mental Health Association (Holds a variety of support groups for individuals 18+.)	47 Broad Ave, Binghamton Day & Time Varies	Michaela Lusk, Director Peer & Support Services 607-771-8888 ext. 322

Support Group	Location Time & Day	Provider & Contact
<p align="center">National Alliance on Mental Illness (NAMI) (Support Group for people with mental illness and/or friends/family)</p>	<p align="center">Zoom Platform First Tuesday, 7:00 – 8:30pm Third Monday, 1:30 – 3:00pm</p> <p align="center">For partners and spouses: Second and Fourth Thursday 7:00-8:30pm</p> <p align="center">*When there is a 5th Thursday in the month, there is an additional meeting on that Thursday</p>	<p align="center">Beth McGee 607-288-2460 email: namiflexec@namifingerlakes.org</p>
<p align="center">Parkinson’s Disease Support Group</p>	<p align="center">Endwell United Methodist Church 3301 Watson Blvd., Endwell Third Wednesday, 1:00 – 2:00pm (Please call first as meeting time is subject to change.)</p>	<p align="center">Charles Houser 607-205-1247</p>
<p align="center">Support Group for Spanish-Speaking Caregivers</p>	<p align="center">Telephone Based Thursdays, 7:00-8:00pm</p>	<p align="center">Alzheimer’s Foundation of America 1-866-232-8484</p>
<p align="center">Support Group for Caregivers of loved ones living in a long-term care residence</p>	<p align="center">Zoom Platform Thursdays, 3:30-4:30pm</p>	<p align="center">Alzheimer’s Foundation of America 1-866-232-8484</p>
<p align="center">Stroke Survivors and Caregivers Support Group</p>	<p align="center">Vestal Public Library 320 Vestal Pkwy East, Vestal Fourth Tuesday, 1:00 – 3:00pm</p>	<p align="center">Call before attending: Sue Mayes 607-754-3405 suemayes@hotmail.com</p>
<p align="center">Widow/Widower’s Club</p>	<p align="center">Denny’s Vestal 4024 Vestal Pkwy East, Vestal Wednesdays, 8:00-9:00 am</p>	<p align="center">Phyllis 607-648-6650</p>