



## 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](http://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](http://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: December 2025*

Support Group	Location Time & Day	Provider & Contact
<b>ALS Peer Support Group Broome County (for individuals with ALS and their families/caregivers)</b>	Zoom Platform Third Thursday, 6:30-8:00pm	Natalie Andrews, CSC (315) 413-0508 website: <a href="http://alsaupstateny.org">alsaupstateny.org</a>
<b>Alzheimer's Support Group (for Caregivers of people with dementia who live in a facility)</b>	Video/Teleconference Meeting Second Wednesday 10:00-11:30 am	To register, contact the Alzheimer's Association: (800) 272-3900
<b>Johnson City Caregiver Support Group</b>	Third Wednesday of the month, 4 pm: Presented by the Alzheimer's Association	Alzheimer's Association 315-472-4201
<b>Bereavement Support Groups through Lourdes/Ascension</b>	Google Meets Platform Groups meet on a 6-week cycle/schedule	Lourdes Ascension Hospital Bereavement Team 607-798-5692
<b>Brain Injury Support Group for Caregivers</b>	Zoom Platform First Thursday, 6:30 – 8:00pm No October Meeting	Kelly 607-283-2163 email: <a href="mailto:khindes@bianys.org">khindes@bianys.org</a>

<b>Support Group</b>	<b>Location Time &amp; Day</b>	<b>Provider &amp; Contact</b>
<b>Brain Injury Peer Support Group Binghamton</b>	601 Gates Rd, Vestal Second Tuesday, 6:00 – 8:00pm	Jill 607-343-3355 email: <a href="mailto:jill.lovolo@comop.org">jill.lovolo@comop.org</a>
<b>Broome County Office for Aging Caregiver Chat Group at the Broome West Senior Center</b>	Meets in person at 2801Wayne Street in Endwell. Second Wednesday, 1:00 – 2:30pm Yesteryears can provide care for your loved one during the session.	For more information call the Office for Aging at 607-778-2411. If you will be needing care for your loved one, please RSVP at 607-785-0494.
<b>Caregiver Support Group for Partners &amp; Spouses</b>	Telephone Based Mondays, 7:00-8:00pp	Alzheimer's Foundation of America 1-866-232-8484
<b>Depression and Bipolar Association Support Group</b>	Unitarian Universalist Congregation 183 Riverside Dr Binghamton Mondays	Call Chris Petraske Schedule varies, call before attending: 607-232-8258
<b>Early-Stage Alzheimer's Support Vestal Group <i>For individuals living with early- stage dementia.</i></b>	Zoom Platform Second Friday, 1:00 pm	Alzheimer's Association Please note: Advanced screening is recommended prior to attending (800)-272-3900
<b>General Caregivers Support Group</b>	Telephone Based Tuesdays, 3:30-4:30pm	Alzheimer's Foundation of America 1-866-232-8484
<b>Grief Support Groups</b>	Varies	Visit : <a href="https://www.griefshare.org/">https://www.griefshare.org/</a> To find grief support group in your area.
<b>Mental Health Association (Holds a variety of support groups for individuals 18+.)</b>	47 Broad Ave, Binghamton Day & Time Varies	Michaela Lusk, Director Peer & Support Services 607-771-8888 ext. 322

<b>Support Group</b>	<b>Location Time &amp; Day</b>	<b>Provider &amp; Contact</b>
<b>National Alliance on Mental Illness (NAMI)</b> <b>(Support Group for people with mental illness and/or friends/family)</b>	Zoom Platform First Tuesday, 7:00 – 8:30pm Third Monday, 1:30 – 3:00pm  For partners and spouses: Second and Fourth Thursday 7:00-8:30pm *When there is a 5th Thursday in the month, there is an additional meeting on that Thursday	Beth McGee 607-288-2460 email: <a href="mailto:namiflexec@namifingerlakes.org">namiflexec@namifingerlakes.org</a>
<b>Support Group for Spanish-Speaking Caregivers</b>	Telephone Based Thursdays, 7:00-8:00pm	Alzheimer's Foundation of America 1-866-232-8484
<b>Support Group for Caregivers of loved ones living in a long-term care residence</b>	Zoom Platform Thursdays, 3:30-4:30pm	Alzheimer's Foundation of America 1-866-232-8484
<b>Stroke Survivors and Caregivers Support Group</b>	Vestal Public Library 320 Vestal Pkwy East, Vestal Fourth Tuesday, 1:00 – 3:00pm	Call before attending: Sue Mayes 607-754-3405 suemayes@hotmail.com
<b>Widow/Widower's Club</b>	Take-A-Break 2313 Old Vestal Rd, Vestal Wednesdays, 8:00-9:00 am	Phyllis 607-648-6650