



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: December 2025

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: alsaupteney.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
Johnson City Caregiver Support Group	Third Wednesday of the month, 4 pm: Presented by the Alzheimer's Association	Alzheimer's Association 315-472-4201
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

Support Group	Location Time & Day	Provider & Contact
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 Broome West Senior Center	Meets in person at 2801 Wayne 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.
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	Call Chris Petraske Schedule varies, call 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.
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
National Alliance on Mental Illness (NAMI) (Support Group for people with mental illness and/or friends/family)	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: namiflexec@namifingerlakes.org
Support Group for Spanish-Speaking Caregivers	Telephone Based Thursdays, 7:00-8:00pm	Alzheimer's Foundation of America 1-866-232-8484
Support Group for Caregivers of loved ones living in a long-term care residence	Zoom Platform Thursdays, 3:30-4:30pm	Alzheimer's Foundation of America 1-866-232-8484
Stroke Survivors and Caregivers Support Group	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
Widow/Widower's Club	Take-A-Break 2313 Old Vestal Rd, Vestal Wednesdays, 8:00-9:00 am	Phyllis 607-648-6650