



Updated: December 2020

Local support groups that may be of interest to seniors and caregivers

Please note: Due to COVID-19, almost all groups are meeting virtually. It's necessary to call the contact associated with the group to obtain the information you need to participate. Even with those groups that continue to meet at a physical location, it's critical that you call the contact for the group beforehand due to possible time changes or other factors.

Support Group	Location Time & Day	Contact
ALS Support Group Broome County	Uses Ring Central Platform 4 Peer Groups 1 Caregiver Group	Rebecca Coulter, LMSW (315) 413-0121 ext. 102 website: alsaupstateny.org
Telephone-based Stress Management Caregiver Support Group	Tuesdays from 4:00 – 5:00 pm	To register, contact Alzheimer's Foundation of America's toll-free helpline: 1-866-232-8484
Telephone-based Alzheimer's Support Group through the Alzheimer's Foundation of America	Fridays from 3:30 – 4:30 pm Six-week cycle for Community-Based Caregivers	To register, contact Linda (LCSW): 1-866-232-8484
Alzheimer's Support Group (for Caregivers of people with dementia who live in a facility)	Video/Teleconference Meeting Second Wednesday, 10:00 am	To register, contact the Alzheimer's Association: (800) 272-3900
Alzheimer's Support Group Endicott (Please call ahead)	Our Lady of Good Counsel Church Parish House (across from golf course) 719 W. Main St. Endicott, NY 13760 Second Wednesday, 10:00 am	Alzheimer's Association (800)-272-3900
Alzheimer's Support Group Johnson City	Zoom Platform Third Wednesday, 4:00 pm	Alzheimer's Association (800)-272-3900

Support Group	Location Time & Day	Contact
Alzheimer's Support Group Vestal	Zoom Platform First Tuesday, 6:00 pm	Alzheimer's Association (800)-272-3900
Early-Stage Alzheimer's Support Group Vestal <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
Early-Stage Alzheimer's Support Group for Care Partners Vestal	Zoom Platform Second Friday, 1:00 pm	Alzheimer's Association (800) 272-3900
Caregiver Support Group through Lourdes/Ascension	Conference Call Platform Second Wednesday, 1:00 – 2:30 pm	Megan Peters, LMSW, or Heide Bowne, LCSW 607-798-5418
Bereavement Support Groups through Lourdes/Ascension	Google Meets Platform Groups meet on a 6-week cycle/schedule	Hospital Bereavement Team 607-798-5692
Cancer Support Groups through UHS	Varies	Call the UHS Stay Healthy Center: 607-763-6060
Stay Healthy Caregiver Chat Group through the Broome County Office for Aging	Conference Call Format First Monday, 1:00 – 2:30 pm	Judy Bobinski, Caregiver Specialist 607-778-2411
Wayne Street Caregiver Chat Group through the Broome County Office for Aging	Zoom Platform Third Wednesday, 9:30 – 11:00 am	Judy Bobinski, Caregiver Specialist 607-778-2411

Support Group	Location Time & Day	Contact
The Caregiver's Group	Tabernacle United Methodist Church 83 Main St. Binghamton, NY 13905 First Wednesday, 3:00 pm (No meetings in July and August)	Ruth Ferrari 607-785-5782 or The Church 607-723-8983
Brain Injury Support Group for Caregivers	Zoom Platform Second Tuesday, 1:00 – 2:30 pm	Kelly 607-283-2163 email: khindes@bianys.org
Brain Injury Peer Support Group Binghamton	Zoom Platform Second Tuesday, 6:00 pm	Jill 607-343-3355
Chronic Pain Support Group	Varies	Contact Corky for internet and Zoom platform information: 607-655-2167
Depression and Bipolar Association Support Group	1 st Presbyterian Church 42 Chenango St. Binghamton, NY 13901 Mondays, 6:00 – 8:00 pm	Call Chris Petraske before attending: 607-232-8258
Family Ties Support Group (Coping with a loved one with mental illness)	Varies	Call the UHS Stay Healthy Center: 607-763-6060
Grace Lutheran Church Caregiver Support Group	On hold until further notice	Facilitator, Shellie Spinelli 607-778-2946 or contact the church: 607-748-0840
Helping Parents Heal (organization with a mission to help parents whose children have passed.)	Temporarily on hold	Contact Rosanne: 607-759-3466 or HPHBinghamton@gmail.com for information and support.
Hearing Loss Support Group- Binghamton Chapter	This group no longer meets, but call the listed contacts for continued information and support.	Rachel Esserman: resserman@yahoo.com or Sue Miller: sue@sueellenmiller.org 607-648-3968

Support Group	Location Time & Day	Contact
How to Live Well as a Caregiver for Someone with Chronic Disease	Varies	UHS Stay Healthy Center 607-763-6060
In His Grip Cancer Support Group (faith based)	First Baptist Church 1321 Reynolds Road Johnson City, NY 13790 First Sunday 11:00 am – Noon	Please call ahead to confirm the group is meeting. Contact Bob & Joanna Johnson: 607-205-5129
Mental Health Association (Holds a variety of support groups for individuals 18+.)	Zoom Platform – Day & Time Varies	Noah Cooper, Director Peer & Support Services 607-771-8888 ext. 322
Mended Hearts Group (Cardiac Support Group)	The group is currently not meeting, but feel free to call with questions.	Dorothy Demorat, President 607-759-3234
Multiple Sclerosis Support Group (affiliated with MS of Central NY, Inc.)	The group is currently not meeting, but call for information and support.	Rich Fiori 607-321-1489 email: RFiori@stny.rr.com
National Alliance on Mental Illness (NAMI) (Support Group for people with mental illness and/or friends/family)	Zoom Platform First Tuesday, 7:00 – 8:30 pm Third Monday, 1:30 – 3:00 pm	Beth McGee 607-288-2460 email: namiflexec@namifingerlakes.org
Paralysis Support Group	Group Meets Remotely – Time Varies Usually Second or Third Saturday	Derek 607-727-5032
Parkinson's Disease Support Group	Endwell United Methodist Church 3301 Watson Blvd. Endwell, NY 13760 Third Wednesday, 1:00 – 2:00 pm (Please call, as meeting time is subject to change.)	Charles Houser 607-205-1247

Support Group	Location Time & Day	Contact
Stroke Survivors and Caregivers Support Group	Vestal Public Library 320 Vestal Pkwy East Vestal, NY 13850 Fourth Tuesday, 1:00 – 3:30 pm	Call before attending: Sue Mayes 607-754-3405
Widow/Widower's Club	Not meeting at the present time, but call with questions and for support.	Phyllis 607-648-6650

The Office for Aging Caregiver Services Program has a variety of services to help support caregivers. This includes the *Caregiver Corner* newsletter, which is available online or by mail. Call to be added to the mailing list (778-2411) or go online to read current and past issues: gobroomecounty.com/senior/cgcnews.

For additional non-caregiver and non-senior related support groups contact:

Broome County NY Connects

607-778-2278
OR
1-800-342-9871