Adult Services/Elliott-Chelsea NORC

CARING FOR A LOVED ONE?
OVERWHELMED?
STRESSED OUT?
YOU ARE NOT ALONE!

CAREGIVER EMPOWERMENT GROUP
"CARE FOR THE FAMILY CAREGIVER"

2nd Wed of each month, beginning Wed, 6/10 at 3pm
Hudson Guild—441 W 26th St (between 9th and 10th Ave)
Led by Rev. Marion A. Gambardella
Sponsored by EmblemHealth

Each meeting provides guidance, healing, and hope on how to make the most of the Caregiving experience without losing yourself in the process. Caregiving presents considerable challenges: physical, emotional and economic.

STOP TRYING TO DO IT ALONE!
WE ARE HERE TO ASSIST YOU!

Contact: Rev. Marion Gambardella
(212) 873-9650
magambardella@yahoo.com

hudson guild
COMMUNITY WORKS

441 West 26th Street * New York, NY 10001 *