

Family Resource Program

at New York Memory Center - 199 14th Street, Brooklyn, NY 11215

January 2018

**ALZHEIMER'S AFFECTS
THE WHOLE FAMILY.**

**CARE FOR
YOURSELF TOO.**



CARE COACHING • WELLNESS • EDUCATION • SE HABLA ESPAÑOL • NOU PALE KREYÒL



Family Resource Program is a caregiver support service at New York Memory Center. We're here to help family members caring for a loved one with memory loss. Our services are free and open to the community.



THIS PROGRAM IS SUPPORTED BY A GRANT FROM THE NEW YORK STATE DEPARTMENT OF HEALTH.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
			Caregiver Support Group 6:30 – 8 pm @NYMC	Caregiver Tai Chi 6 – 7 pm @NYMC		
7	8	9	10	11	12	13
			Snack & Relax @NYMC 5:30 – 7:00 pm			
14	15	16	17	18	19	20
			Caregiver Support Group 6:30 – 8 pm @NYMC			
21	22	23	24	25	26	27
28	29	30	31	Registration is required. Contact Megan Christ, LMSW at mchrist@nymemorycenter.org or 718-499-7701.		

Support group meets the 1st and 3rd Wednesday of every month. Tai Chi meets the 1st Thursday of every month. Yoga meets the 2nd Wednesday of every month. Education and Nutrition programs will be included in upcoming months. Let us know if you need care for your loved one(s) during any of our wellness events and we will be happy to assist you.