

Town of Southampton  
Senior Services  
**Online Support Groups**

The following groups will provide information, educational skills and support to families who are caregivers of the elderly in our communities.  
All groups are offered via ZOOM

---

**CAREGIVER'S SUPPORT GROUP**

**Dates:**

Every Monday of every month

**Time:**

1:00pm - 2:30pm



**ADULT CHILDREN OF AGING PARENTS SUPPORT GROUP**

**Dates:**

3<sup>rd</sup> Wednesday of every month

**Time:**

7:00pm - 8:30pm



**GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP**

**Dates:**

Every Wednesday of every month

**Time:**

1:00pm - 2:30pm



---

For more information, call 631-728-1235