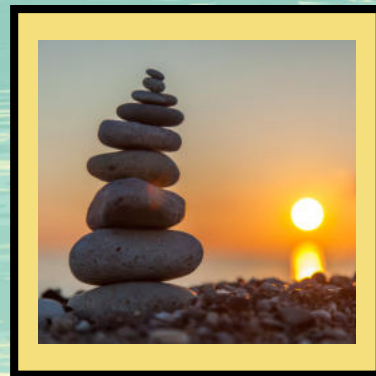


Free Caregiver Respite and Support Programs



Healthy Alternatives Through Healing Arts

Holistic workshops, programs and mini retreats for family caregivers.

Visit: www.healthyalternativesthruhealingarts.com for upcoming workshops and events.

Phone: (716)426-6529

E-mail: healthyalternativeshaha@gmail.com

In the Moments Memory Cafe

CarePatrol welcomes individuals with memory loss along with their caregivers, or friends and family to our monthly Memory Cafe gathering where we celebrate shared experiences in a comfortable and supportive environment that is non-judgemental. This event is a perfect opportunity to reminisce, make new friends, and create lasting bonds.

When: 2nd Friday of every month, 10:30am-12pm

111 St. Gregory Ct. Williamsville, NY 14221

Register: <https://carepatrol.com/buffalo-niagara/events/>

Phone: Julie Lewinski (716)463-2955

A Gathering Place

A program designed to provide fun and uplifting activities created for seniors 55+ and offers much needed help for their caregivers. If you need a break, or just need to run errands during the day, or simply take a moment to yourself on Saturday mornings.

The BFNC Life Center @ Westminster Community House

419 Monroe St. Buffalo, NY 14212

Register: <https://bfnc.org/care-givers-you-deserve-time-to-exhale-introducing-the-exhale-program/>

Phone: (716)852-5065 ext. 132.

Free Caregiver Respite and Support Programs

Musical Memories

Musical Memories Café concert is a place for caregivers and their loved ones to relax and enjoy socializing, refreshments, and great entertainment!

Website: <https://www.westfallsartcenter.org/memory-cafe167513f0>

Catholic Health Exhale Respite Program

Caregivers will also have the opportunity to meet with staff on-site to discuss challenges or needs they may have, attend a caregiver education session, or leave to have time to themselves. Mobility and ADL assistance provided. Transportation is available

Villa Maria Campus

600 Doat St. Cheektowaga, NY 14211

Saturdays 10am-2pm

To register call (716)819-5433 or visit:

<https://www.chsbuffalo.org/services/exhale-respite-care/>

Pathways for Caregivers and Serenity on the Shore Memory Cafe

Family caregivers can receive a break from the daily tasks of caregiving for their aging loved ones. Caregivers and aging loved ones each engage in their own separate activities. The goal is to give caregivers peace of mind and rejuvenation.

Cradle Beach

8038 Old Lakeshore Rd. Angola, NY 14006

Pathways for Caregivers: 3rd Thursday of every month, 10:30am-2:30pm

Serenity on the Shore: 4th Thursday of every month, 11:30am-1:30pm

To register: contact Kat Gorecki (716)549-6307 ext. 218

Website: <https://cradlebeach.org/senior-services/>