

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

Moments in Time 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

111 St. Gregory Ct. Williamsville, NY 14221

Register: carepatrol.com/buffalo-niagara/events/moments-in-time-a-memory-cafe

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.