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Family Service League offers several FREE Support Counseling options to help you through life's most difficult challenges.

FREE Caregiver Support from the convenience of your home!

Free individual and group caregiver support counseling is available by phone and Zoom. Speaking confidentially with a social worker or participating in a group setting can be helpful. These support services assist those caring for a frail or elderly person. Attendees will learn new coping skills to alleviate stress, gain a better understanding of their role, talk about options, and receive help securing assistance to additional resources. Other educational presentations, such as elder law and Medicare, can be scheduled.



Caregiver Groups

Anyone caring for an aging loved one

2nd Friday of the month 1:00pm - 2:00pm

Caring for a spouse or significant other

2nd and 4th Thursday of the month 11:30am – 1:00pm

Caring for a loved one with cognitive impairment

4th Friday of the month 10:00am – 11:30am

Adult children caring for an aging parent

2nd Tuesday of the month 6:00pm – 7:30pm

For more information and to register contact

Beth Signore, LCSW at 631-724-6300 or Beth.Signore@fsl-li.org

These programs are FREE to attendees. Funding is provided by the Department of Health and Human Services through the New York State Office for the Aging and the Suffolk County Office for the Aging

Bereavement Support Groups

We welcome family members who have lost loved ones to overdose or addiction to join the FREE monthly Zoom meetings of the Beading Hearts Group facilitated by FSL.

Brothers and sisters who lost their siblings to overdose or addiction

1st Wednesday of every month 6:30pm

Parents who found their child following an overdose
2nd Thursday of every month 7:00pm
Parents who lost an only child to overdose or addiction
4th Tuesday of every month 7:00pm
Parents in Recovery who lost a child to overdose or addiction
4th Thursday of every month 7:00pm

For information or to register contact
Robyn Berger-Gaston, LCSW-R at 631-591-7580 or rberger-gaston@fsl-li.org

There is no fee. These vital programs are generously funded by the LOOK UP for ADAM Foundation.

Joe's Project Program
For those who lost a loved one to suicide.
2nd and 4th Wednesday of each month 7:00pm - 8:30pm

For information or to register contact
Donna Altonji, LMSW at 631- 748-1416 or daltonji@fsl-li.org

Visit the "**Find Help**" page of www.fsl-li.org for information on programs for children, families, and seniors.

For 95 years, FSL has provided all aspects of human services, including mental health counseling, addiction prevention & treatment, crisis care, early education, and family & senior services.
Today, in communities across Long Island, FSL is Restoring Hope & Rebuilding Lives.
Make a tax deductible donation by clicking the Donate Now button or text 41444 and type "FSL".

Thank you!