

[DONATE NOW](#)



Services that FSL provides for seniors offer an enhanced quality of life, continuing education and support in times of crisis.

Learn more by visiting [www.fsl-li.org](http://www.fsl-li.org) today!

### **FREE Caregiver Support from the convenience of your home!**

Taking care of a loved one often falls on the shoulders of someone special - a Caregiver. Free individual and group caregiver support/counseling is available by phone and Zoom. Speaking confidentially with a social worker or participating in a group can be helpful. 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.

#### **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**

2nd and 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](mailto:Beth.Signore@fsl-li.org)**

### **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

**Those in recovery who lost a spouse or partner**

4th Thursday of every month 7:00pm

**For information or to register contact**

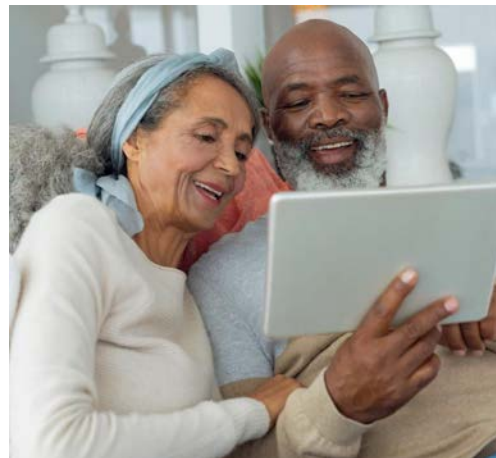
**Robyn Berger-Gaston, LCSW-R at 631-591-7580 or [rberger-gaston@fsl-li.org](mailto:rberger-gaston@fsl-li.org)**

Bereavement Support Programs are generously funded by the LOOK UP for ADAM Foundation.

**Are you 50+ years old and looking to expand your knowledge of today's technology?**

**FSL's SeniorNet classes can help!**

**Click here** to learn more about online courses that can assist with computer, iPad, phone, and social media.



**Long Term Care Ombudsmen**

Ombudsmen provide advocacy and resources for people who reside in long-term care facilities such as nursing homes, assisted living, and adult care facilities. Ombudsmen advocate for and resolve problems for all individuals living in long term care communities by protecting rights, honoring dignity, and ensuring respect. Trained certified volunteers regularly visit assigned facilities so that residents may have the highest quality of life and care.

Looking to make a difference? Become an Ombudsman Volunteer today.

Please call the Ombudsman Program Suffolk County for details at:

631-470-6755 or [Yvette.boisnier@fsl-li.org](mailto:Yvette.boisnier@fsl-li.org).

Visit the "**Find Help**" page of [www.fsl-li.org](http://www.fsl-li.org) for information on services and programs for children, families, and seniors.

Since 1926, 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. Your contribution is needed.

Together, we can build a stronger future for everyone.

Make a tax deductible gift by clicking the Donate Now button or text 91999 and type "FSL22".

*Thank you!*