



PECONIC BAY MEDICAL CENTER'S CAREGIVERS CENTER

MARCH 2025 EVENTS

Caregivers: Join us at any one of our free upcoming series and workshops!

Tuesday Talks are back!

Please feel free to join us on Facebook 12-12:30pm for a mini educational series on navigating cancer care, designed to help caregivers navigate the complex care needs of caring for their loved one with cancer.

March 4th, 2025

March 11th, 2025

March 18th, 2025

Plus our support groups and workshops:

Thursday, March 6th, 12pm-1pm

Caregivers Support Group

Please join us for an in person support group dedicated to our family caregivers.

 **Northwell**SM
Peconic Bay Medical Center

Caregivers Center

1 Heroes Way, Riverhead NY 11901

Thursday, March 13th, 12-1pm

Caring for the Caregiver: Strategies to Care for Yourself While Caring for Your Loved One

Join Regina Anderson, Program Director for FCA's Alzheimer's and Dementia Caregiver Support Program, for a practical and empowering workshop on self-care for family caregivers. Workshop offered in person and virtually.

Wednesday, March 19th, 12pm-1pm

Alzheimer's and Dementia Support Group

Please join our in person support group for caregivers of a loved one with Alzheimer's or dementia.

Thursday, March 20th, 12pm-1pm

There's No Place Like Home: How a Family Caregiver Can Plan, Protect and Remain Safely at Home

Join Brian Tully, Esq., Founder and Managing Partner, Tully Law Group in a workshop to discuss the importance of legal planning, estate planning and how to protect assets. Workshop offered in person and virtually.

For more information or to register, please call (631) 548-6259 or via email: pbmccaregiverscenter@northwell.edu