

## **Lifetime Care Bereavement and Cancer Support Groups Available**

### **Bereavement Groups:**

*Newark*—1st and 3rd Thursdays 7-8:30pm at the Newark Lifetime Care Office 800 W Miller St.

*Ontario*—2nd and 4th Thursdays 6-8pm at St. Maximilian Kolbe Parish of St. Mary's on the Lake 5823 Ontario-Walworth Rd.

*Waterloo*—2nd and 4th Mondays 7-8:30pm at Seneca County Office for Aging 1 DiPronio Drive (South Entrance)

### **Cancer Support Groups:**

*Sodus*—1st and 3rd Thursdays 6:30-8pm at Father Cavannaugh Parish Center, Church of the Epiphany, 105 W Main Street

*Macedon*—2nd and 4th Thursdays 1-3pm at Parkwood Heights, 1340 Parkwood Drive

### **Caregivers Support Group:**

*Canandaigua*—3rd Friday 10-11:30am at Sands Cancer Center, 360 Parrish Street

Other Groups are also available in the Rochester area. For more information, contact Lifetime Care at 315-332-2563.

## **NAMI, the National Alliance on Mental Illness**

NAMI's Mission is to provide support, education and advocacy to individuals and families of all cultural backgrounds who are living with mental illness. NAMI Rochester is dedicated to educating the community about mental illness, offering resources to those in need and insisting that mental illness become a high national priority.

NAMI has a support group for anyone living with a mental illness and/or their loved ones at the First Baptist Church of Williamson (4212 E. Main Street) on the 2nd Thursday of the month from 7:00-8:30pm. Meetings are free and drop-ins are welcome. Entrance to the Fellowship Hall is located in the rear parking lot.

NAMI is also offering their signature "Family-to-Family" course starting in April. This is a free 12 week course for family and friends of adults living with serious mental illnesses. It is facilitated by trained individuals who are also impacted by a friend or family member with mental illness. Course participants gain vital information, insight and understanding of their loved one that many describe as life changing. The next 12 week session starts April 8 @ 6:30 at St. Mary's of the Lake Church in Ontario. Call 315-370-9051 or 585-423-1593 for more information or to register.