

Are you caring for your grandchild? niece? nephew?

We are here for you.



Join LIFT's free support group for caregivers like you.

- * Learn more about Family Court and your legal rights.
- * Gather information about your rights to cash assistance, food stamps, and more.
- * Learn about free programs in your community for you and the children you care for.
- * Have a safe space to talk and be heard.

LIFT Caregiver Support Group. Every other Monday at 11am.

Upcoming Meetings at 11am:

January 31, February 14, February 28, March 14, March 28

Muffins, bagels, coffee, tea, and juice will be served.
MetroCards will be provided.



Legal Information for Families Today (LIFT)
') \$'6 fcUXk UnžFcca ') \$% Manhattan
(Between Franklin & Leonard Street)

For more information:

Call (212) 343-1122

Email SupportGroup@LIFTonline.org

Visit www.LIFTonline.org