

# 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 3, *Closed January 17*, 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](mailto:SupportGroup@LIFTonline.org)

Visit [www.LIFTonline.org](http://www.LIFTonline.org)