



CAREGIVER SUPPORT GROUP

Meet other caregivers, receive support, support others, and feel rejuvenated and empowered in your caregiving role!

Caring for a loved one who has physical challenges, dementia, or a chronic illness can be a difficult job. Join others who are going through a similar experience. Ask questions, connect, vent, and learn coping strategies. When you're here, you will know you are among friends!

Choose the session that works best for your schedule.

Virtual Sessions: 3rd Wednesday of each month from 2:30–4:00 PM

In-Person Sessions: 3rd Thursday of each month from 6:00–7:30 PM
at Kenneth Young Center, 1001 Rohlwing Road
Elk Grove Village, IL 60007

**Please call Kenneth Young Center's Older Adults Division
at 847-524-8800-x189 to register today.**

Funds (in whole/ part) for this publication were provided through an award from Age Options through grants from the Illinois Department on Aging under Title III of the Older Americans Act



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