



# Caregiver Support Group

Come to meet other caregivers, exchange ideas, receive support, and feel empowered.



You will learn about various resources and services and find out how to get the help you need.

## You will know you are among friends!

- At times, caregiving can be challenging and difficult. It helps to know what your options are and how you can take care of yourself and manage stress.
- It is emotionally healing to know that others are going through a similar situation. You can learn from their experiences what may or may not work.
- It feels better when others truly understand what you are going through and can empathize.

KYC's Caregiver Support Group meets...

**When:** 3<sup>rd</sup> Wednesday of the month from 2:30PM to 4:00PM

**Where:** This group will meet virtually

Please call Daxa Sanghvi, MSW at (847) 524-8800 ext. 168.

*Funds (in whole/part) for this support group are provided through an award/contract from AgeOptions. Kenneth Young Center does not discriminate in admission to programs or activities of employment In compliance with appropriate State and Federal statutes.*