

## **FAMILY CAREGIVER SUPPORT**



Family Caregiver Support groups give children of aging parents, spouses and long-distance caregivers an opportunity to share caregiving concerns, learn to balance their needs with those of their loved ones, manage stress, feel supported by others who share their journey, and get helpful tips and resources.



## Senior Services are available at these locations:

**DuPage Center** 222 East Willow Avenue Wheaton, Illinois 60187 630-784-4800

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Naperville/Warrenville 27475 Ferry Road, Ste 120 Warrenville, IL 60555

Elmhurst City Hall 209 N. York Road, 1st Floor Elmhurst, IL 60126

Woodridge 1999 W. 75th Street Woodridge, IL 60517

These programs are supported by United Way, Northeastern Illinois Agency on Aging, City of Elmhurst, Illinois Department of Human Services, and the Illinois Department of Aging.

www.metrofamily.org