



metropolitan
family services

DUPAGE

m powered to heal

A PLACE TO GET
ANSWERS, SHARE
EXPERIENCES, AND
FIND SUPPORT

SUPPORT GROUP FOR FAMILY CAREGIVERS OF OLDER ADULTS

We meet virtually on **zoom**
with two options:

EVERY 2ND & 4TH THURSDAY OF THE MONTH
10:00 - 11:30am

To sign up, contact Kathleen Drouin
at DrouinK@metrofamily.org
or 630-784-4876

EVERY 1ST & 3RD MONDAY OF THE MONTH
6:30 - 8:00pm

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or 630-784-4876

**FOR MORE INFORMATION ABOUT THE
PROGRAM, CALL: 630-784-4800**

WHO WILL BENEFIT?

Children of aging parents, spouses, and long distance caregivers will be able to:

- Share your concerns
- Learn how to balance your needs with those of your loved one
- Learn how to manage stress
- Feel supported by others who share your journey
- Receive helpful tips and resources



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