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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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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