

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.

- At times caregiving can be challenging and difficult and 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 there are others 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.

You will know you are among friends!

KYC's Caregiver Support Group meets...

When: 3rd Wednesday of the month from 2:30 p.m. to 4:00 p.m.

Where: Kenneth Young Center, Senior Services

1001 Rohlwing Rd, Elk Grove Village, 60007

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