



CAREGIVER SUPPORT GROUP

Meet other caregivers, receive support, support others, and feel rejuvenated and empowered in your caregiving role!

Caring for a loved one who has physical challenges, dementia, or a chronic illness can be a difficult job. Join others who are going through a similar experience. Ask questions, connect, vent, and learn coping strategies. When you're here, you will know you are among friends!

Choose the session that works best for your schedule.

In-Person Sessions: 3rd Thursday of each month from 6:00-7:30 PM
at Kenneth Young Center, 1001 Rohlwing Road
Elk Grove Village, IL 60007

**Please call Kenneth Young Center's Older Adults Division
at 847-524-8800-x189 to register today.**

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