



# CAREGIVERS CONNECTING

## MONTHLY SUPPORT GROUP

CAREGIVING IS CHALLENGING AND IT CAN BE EMOTIONALLY HEALING TO TALK WITH OTHERS IN SIMILAR SITUATIONS. JOIN OUR MONTHLY GROUP FOR PRACTICAL TIPS & ACCESS TO RESOURCES, EMOTIONAL SUPPORT, AND SOCIAL INTERACTION IN A SAFE, SUPPORTIVE ENVIRONMENT.

**WHO?** FOR NEW OR CONTINUING CAREGIVERS ASSISTING FRIENDS OR FAMILY.

**WHEN?** THE GROUP MEETS EVERY SECOND THURSDAY OF THE MONTH AT 6 P.M.

**WHERE?** PLOWS COUNCIL ON AGING,  
7808 COLLEGE DRIVE, PALOS HEIGHTS, IL



**PLOWS**  
Council on Aging

**REGISTRATION REQUIRED: CALL 708.361.0219**

PARTIAL FUNDING FOR THE PROGRAM IS PROVIDED THROUGH AN AWARD FROM AgeOptions, THE AREA AGENCY ON AGING FOR SUBURBAN COOK COUNTY UNDER TITLE III OF THE OLDER AMERICANS ACT AS ADMINISTERED THROUGH THE ILLINOIS DEPARTMENT ON AGING AND THE FEDERAL ADMINISTRATION ON AGING. PLOWS COUNCIL ON AGING DOES NOT DISCRIMINATE IN ADMISSION TO PROGRAMS OR TREATMENT OF EMPLOYMENT IN COMPLIANCE WITH APPROPRIATE STATE AND FEDERAL STATUTES. IF YOU FEEL YOU HAVE BEEN DISCRIMINATED AGAINST, CALL 708.361.0219