

# SOLUTIONS for care.



## CAREGIVER SUPPORT GROUP



Second Friday of  
the Month



7222 W. Cermak Rd.  
Suite 200  
North Riverside, IL 60546



11:00AM - 12:00PM

## IF YOU TAKE CARE OF A LOVED ONE, YOU ARE NOT ALONE.

Solutions for Care's Caregiver Support Group will help you share your caregiver experience. You will have the opportunity to learn new skills and techniques to help you and your loved one. Share with the group your concerns and emotions in a safe nonjudgmental space. Explore solutions with others facing the same struggles.

### FOR MORE INFORMATION



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[www.solutionsforcare.org](http://www.solutionsforcare.org)

### 2025-2026 SUPPORT GROUP DATES

10/10/2025	4/10/2026
11/14/2025	5/8/2026
12/12/2025	6/12/2026
1/9/2026	7/10/2026
2/13/2026	8/14/2026
3/13/2026	9/11/2026

Solutions for Care does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S Civil Rights Act, and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department of Aging. Funding provided in whole or in part by AgeOptions through an award under Title III of the Older Americans Act, as administered through the Illinois Department of Aging and the Federal Administration on Aging