

TENDER LOVING CAREGIVERS SUPPORT PROGRAM

Are you providing care for an older adult?

The Resource Center for Seniors offers several ongoing support groups. These groups offer spouses, adult children, and significant others providing care for an older loved one the opportunity to come together to explore healthy ways of reducing stress and discovering coping strategies needed to support them through the overwhelming and increasing responsibilities of being a caregiver. Below is a listing of our program days, times and locations.

Alexian Brothers Medical Center 800 Biesterfield Road, Elk Grove Village:

TLC Mixed Group (Spouses, adult children, family & significant others)
2nd Tuesday of each month from 7:00 p.m. until 9:00 p.m.

TLC Spouse Group (those providing care for their spouse)
4th Tuesday of each month from 7:00 p.m. until 9:00 p.m.
(Both groups meet in Resource Center office at Brock entrance)

St. Alexius Medical Center 1555 Barrington Road, Hoffman Estates:

TLC Mixed Group (Spouses, adult children, family & significant others)
1st Thursday of each month from 7:00 p.m. until 9:00 p.m.
(Group meets in Bettendorf Conference Room)

In addition to support groups, we offer a wide variety of classes and seminars designed to help family members learn how to care for themselves while caring for an aging loved one. Our professional staff is available for consultations to help you identify solutions for planning for a loved one's care. **There is no charge to attend these programs, but we ask that you register by contacting The Resource Center for Seniors at (847) 956-5465 or (847) 839-6481.**

Providing care for an aging loved can be overwhelming.....
attending the *Tender Loving Caregivers Support Program*
means you don't have to care alone.