

Are you caring for an older relative, friend or neighbor?



Love and Care Caregiver Support Group

The Second Tuesday of Every Month from 2 - 3 PM

Staying connected and involved is more important than ever. Our monthly support group gives you a chance to talk with other family caregivers in similar situations, share experiences, advice, and words of encouragement.

This event is free.

WHERE?

In-Person

Matteson Area Public Library District
801 School Avenue, Matteson

REGISTRATION REQUIRED:

Register online at mapld.org or call **708.748.4431**



Pathlights

**Enriched by experience.
Empowered in life.**

Pathlights guides people along the path to aging in South & Southwest Suburban Cook County.

Call 708.361.0219
Visit www.pathlights.org

Funding for Pathlights' programs provided in whole or in part by AgeOptions and federal and state government agencies, made possible through the Older Americans Act. Additional funding for services is provided by State of Illinois, Cook County, local municipalities, United Way of Metro Chicago, and other community partners and interested parties. Pathlights 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.

AGEOPTIONS.