

An Educational  
Seminar Presented By



**Pathlights**

Enriched by experience.  
Empowered in life.

# The Caregiver's Heart: Healing the Hidden Losses of Eldercare

**THURSDAY, APRIL 30, 2026**

**10:15 AM: Check-in Begins**

**10:30 AM: Presentation Begins**

Palos Heights Recreation Center  
6601 W 127TH St.  
Palos Heights, IL 60463

Caring for an aging loved one brings a unique and often silent form of grief that starts long before the final goodbye. This essential seminar offers a compassionate space to address the complex emotional losses that erode health, including mourning changes in your loved one's memory or health while they are still here, and coping with the heavy burden of resentment and guilt that can build up over time. You will gain practical tools for setting boundaries, managing burnout, and helping you find healing and a new sense of purpose.

*Refreshments  
Provided*

Chance to Win  
a 30 minute  
Massage!  
(\$70 value!)

*Provided By*



*Learn from leaders in the  
field of grief and loss...*



**Teresa Quinn, LCSW, FT, PMH-C** Licensed Clinical Social Worker, Certified Fellow in Thanatology & Perinatal Mental Health Certified EMDR Consultant & Certified Clinician - in private practice.



**Kandis Draw, B.S. CHW,** Senior Community Education Associate and Research & Advocacy with the HAP Foundation, providing free information pertaining to caregiving and grief.



**Lily Becker, LSW,** master's in social work with a concentration in gerontology. Manages all Title III Programs, for Pathlights - overseeing the Caregiver Resource Center, Home Delivered Meals, and the Chore Program.

*Open to All - Free Registration!*

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**Register here:**

Scan the QR Code, visit  
[www.pathlights.org/events](http://www.pathlights.org/events)  
or call at 708.361.0219

