



Sons and Daughters Caregiver Support Group

**THE FOURTH WEDNESDAY
OF EVERY MONTH
FROM 3 TO 4 PM**

This support group is designed for adult children caring for their aging parents. Whether you're helping with daily tasks, coordinating medical care, making difficult decisions, or balancing caregiving with work and family life, you're not alone.

This group offers a safe, welcoming space to connect with others who understand the emotional, physical, and practical challenges of caregiving. Our goal is to build a compassionate community where caregivers feel heard, supported, and empowered.

LOCATION:

Chicago Ridge Public Library
10400 Oxford Ave., Chicago Ridge

REGISTRATION REQUIRED:

Register online at
chicagoridgelibrary.org or call
708.423.7753



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 or visit
www.pathlights.org**

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