

# COMMUNITY CAREGIVER SUPPORT GROUP



- ARE YOU HELPING A FAMILY MEMBER OR FRIEND WHO IS ELDERLY OR SERIOUSLY ILL?
- ARE YOU GOING TO DOCTOR VISITS, MAKING MEALS, OR PICKING UP MEDICATIONS FOR YOUR FAMILY MEMBER OR FRIEND?
- ARE YOU HELPING YOUR LOVED ONE COPE WITH FEELINGS OF ANGER OR SADNESS?
- ARE YOU PUTTING YOUR OWN NEEDS, FEELINGS AND FAMILY ASIDE?

**IF YOU'VE ANSWERED YES TO ANY OF THESE QUESTIONS,  
YOU ARE A CAREGIVER!**

CONTACT US AT [ZION.CCGROUP@GMAIL.COM](mailto:ZION.CCGROUP@GMAIL.COM) OR CALL 847.432.4981, EXT. 133

## WHERE

ZION-BENTON PUBLIC LIBRARY  
2400 GABRIEL AVE., ZION, IL 60099

## 2017 DATES

JAN 23 • FEB 27 • MAR 27  
APR 24 • MAY 22 • JUNE 26  
JULY 24 • AUG 28 • SEPT 25  
OCT 23 • NOV 27 • DEC 18

## TIME

6:00-7:30 PM



Coalition for Healthy Communities

[www.zbchc.com](http://www.zbchc.com)



Prevention, Education & Counseling NFP

