

# 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

### DATES

4<sup>TH</sup> MONDAY OF EACH MONTH  
For a calendar, visit: <http://bit.ly/15VLrnH>

### TIME

6:00-7:30 PM



Coalition for Healthy Communities

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



Prevention, Education & Counseling NFP



[zblibrary.info](http://zblibrary.info)