



111 West Harris Avenue  
La Grange, Illinois 60525  
708-354-1323

### **SUPPORT GROUP LISTING**

*Support groups offer a variety of benefits to members including information on disease processes and resources, everyday tips, coping skills, and, most importantly, support from others who truly understand your situation.*

- ★ **Alzheimer's and Related Dementia Caregivers Support Group**  
A support group for those who care for someone who has been diagnosed with Alzheimer's disease or dementia meeting the first Tuesday of the month from 1:30 - 3:00 p.m. For information, please contact Lina Modestas, 708-354-1323, extension 260.
- ★ **Caregiver Support Group**  
The needs and demands of someone with dementia can be tiring and time-consuming. Caring for yourself is just as important. Led by aging care experts, caregivers share stories, exchange ideas and learn more about living with the disease and the resources available. The group meets the third Tuesday of every month from 2:00 p.m. -- 3:30 p.m. in the Professional Office Building, Lower Level, Rooms E, Gottlieb Memorial Hospital, 701 W. North Ave., Melrose Park. For information, please call Jennifer Nagy at Aging Care Connections, 708-354-1323, ext. 228.
- ★ **Caregiver Support Group**  
A support group for those who care for a loved one meeting the first and third Wednesdays of each month from 2:00 p.m. until 3:30 p.m. at CNN Proviso Township Wellness Center, Sharp Community Center, 1609 N. 36<sup>th</sup> Avenue, Melrose Park. For information, please call Mattie Stevenson, 708-354-1323, extension 231.
- ★ **Friday Morning Regulars**  
Support group for men only related to aging issues. Meets every Friday at 8:30 a.m. For information, please contact: Intake Office, 708-354-1323, extension 215.
- ★ **Grandparents Raising Grandchildren Support Group (North)**  
Group the 3<sup>rd</sup> Thursday of each month from 5:30 p.m. – 7:00 p.m. at CNN Proviso Township Wellness Center, Sharp Community Center, 1609 N. 36<sup>th</sup> Avenue, Melrose Park. For information, please call Mattie Stevenson, 708-354-1323, extension 231.
- ★ **Grandparents Raising Grandchildren Support Group (South)**  
Group meets at the Summit Public Library, 6233 S. Archer Road, Summit, the last Thursday of the month from 10:00 a.m. - 11:30 a.m. For information, please contact: Jennifer Nagy, 708-354-1323, extension 228.