

Are you mourning the death of a loved one you once took care of?

When a loved one passes away that you've cared for a long time, you can suddenly feel out of place and struggling emotionally.

You are not alone. When caregiving ends, sometimes we are left with an enormous amount of grief, guilt, exhaustion, confusion and loss. It can feel overwhelming managing these feelings alone.

There is support available to help you through this transition. Senior Services of Oak Park and River Forest offers a free Grief Support Group to help caregivers process their loss and sudden change of daily life. In a gentle setting with others, caregivers can share their emotions, experiences, and sources of strength in coping.

You are welcome to attend any time to find the comfort you need among others who are going through, or have gone through, the same experience.



Grief Support Group for Caregivers



Meets the 1st & 3rd
Thursdays of the month
5:30-7:00pm

Free to participate

For more information or to register, call Devin Andrews, Caregiver Support Specialist, at (708) 725-9116 or email dandrews@oakparktownship.org.