**ARE YOU A CAREGIVER?**

**Do you:**
- Provide unpaid care to someone—family, friend or neighbor?
- Do you want to join a support group?
- Need Resources and supports?

**Caring Together, Living Better (CTLB) is here to help!**
Caring Together, Living Better is a partnership of faith-based and community organizations serving family caregivers in Suburban Cook County. Services are provided to you at no cost.

**We Offer**

**Wellness Workshops***
Recharge and learn about self-care as a caregiver

**Evidence-based workshops***
There is a range of workshops available such as: Take Charge of your Health, Take Charge of your Diabetes, Tai Chi for Arthritis and more.

**Caregiver Support Groups***
Share your caregiver experiences and learn from others.

**Educational Workshops***
Learn about resources to support you in caregiving, such as information on Alzheimer's Disease, Medicare and more.

**Recreational Workshops***
These workshops include art therapy, senior fun club, field trips and more.

*Currently these services are offered virtually or hybrid model of virtually and in-person.

To learn more about CTLB or connect with a partner in your area, call AgeOptions at (708)383-0258.

You may also contact CTLB partners directly who are listed on the next page.
CARING TOGETHER, LIVING BETTER PARTNERS

**Cicero Area Project**
Morton College
3801 S. Central Ave, Room 238C
Cicero, IL 60804
(708)222-8301

**Neighborhood United Methodist Church**
1817 Washington Blvd
Maywood, IL 60153
(708)681-5887

**Community Development Corporation of Bellwood**
3100 St. Charles Rd
Bellwood, IL 60104
(708)493-4972

**Rock of Ages Baptist Church**
1309 Madison St.
Maywood, IL 60153
(708)344-0704

**New Hope Christian Center**
14 S 19th Ave
Maywood, IL 60153
(708)343-4441

**Quinn Center of St. Eulalia**
1832 S. 8th Ave
Maywood, IL 60153
(708)397-6111

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**Caregiver Resource Centers**

**Aging Care Connections**
*Lyons, Riverside, Proviso, Leyden, Norwood Park*
111 W Harris Ave.
LaGrange, IL 60525
(708)353-1323

**Solutions for Care**
*Berwyn, Cicero*
7222 W. Cermak Rd #200
North Riverside, IL 60546
(708)447-2248

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https://www.facebook.com/Caring2gether