



Bradley University

Counseling Research & Training Clinic

Caregiver Support Group Meetings

The Caregiver Program provides emotional support to help family caregivers and grandparents raising grandchildren cope with their caregiving roles, and/or develop and strengthen their capacities for better social and personal adjustments. Meet other caregivers and grandparents raising grandchildren, learn how to self-care, and learn how to be there without always “being there”.

There is NO CHARGE for services; however, contributions are accepted.

✧ **Grandparents Raising Grandchildren**

- 1st and 3rd Wednesday of the month (1:00-2:30 p.m.)
- Central Illinois Agency on Aging, 700 Hamilton Boulevard Peoria, IL 61603
- Facilitator: Tabatha Poppenga, B.S.

✧ **Peoria Caregiver Support Group**

- 2nd & 4th Wednesday of the month (1:00-2:30 p.m.)
- Central Illinois Agency on Aging, 700 Hamilton Boulevard Peoria, IL 61603
- Facilitator: Tabatha Poppenga, B.S.

✧ **Liberty Village Caregiver Support Group**

- 2nd Monday of the month (1:00-2:30 p.m.)
- Liberty Village of Peoria, 6906 North Stalworth Drive Peoria, IL 61615
- Facilitator: Nargis Khan, NCC, LCPC

✧ **Senior World Caregiver Support Group**

- *Every Thursday 1:30-3*
- Senior World , 719 300 N William Kumpf Blvd, Peoria, IL 61605
- Facilitator: Tabatha Poppenga, B.S.

For more information, call (309) 677-3189 or visit www.bradley.edu/sites/caregiver

Bradley University is committed to a policy of non-discrimination and the promotion of equal opportunities for all persons regardless of age, color, creed, disability, ethnicity, gender, marital status, national origin, race, religion, sexual orientation, or veteran status. The University is committed to compliance with all applicable laws regarding non-discrimination, harassment and affirmative action.