



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
- Develop and strengthen their capacities for better social and personal adjustments.
- Meet other caregivers and grandparents raising grandchildren
- Learn how to self-care
- Learn how to be there without always “being there”

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

❖ **Farmington Family Caregiver Support Group**

- Every Monday of the month (11:00am-12:30pm)
- Farmington Country Manor, 701 S Main Street, Farmington IL 61531
- Facilitated by: Lauren Berry, B.A.

❖ **Grandparents Raising Grandchildren Support Group**

- 1st and 3rd Wednesday of the month (1:00-2:30 p.m.)
- Central Illinois Agency on Aging, 700 Hamilton Boulevard Peoria, IL 61603 30333
- Facilitator: Lauren Berry, B.A.

❖ **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

❖ **Pekin Miller Center Caregivers, Coffee, & Conversation Group**

- 3rd Friday of the month (2:00-3:30 p.m.)
- Miller Senior Center, 551 S 14th St, Pekin, IL 61554
- Facilitator: Lauren Berry, B.A.

❖ **Peoria Senior World Caregiver Coffee & Chat Group**

- Every Thursday of the month (1:30-3:00 p.m.)
- Senior World, 719 N William Kumpf Blvd #300, Peoria, IL 61605
- Facilitator: John Westerberg, B.S.

❖ **St. Francis Woods Caregiver Coffee & Chat Group**

- 1st and 3rd Tuesday of the month (9:00-11:30 a.m.)
- St. Francis Woods Supportive Living Facility Chapel, 3507 N. Molleck Drive, Peoria, IL 61520
- Facilitator: Lauren Berry, B.A.

❖ **Woodford County Family Caring 4 Family Support Group**

- 3rd Monday of the Month (1:00-2:30 p.m.)
- Maple Lawn Apartments Community Room, 700 N. Main St., Eureka, IL 61530
- Facilitator: John Westerberg, B.S

new groups will be available soon

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

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