



Program for Family Caregivers of People with Chronic Illnesses

Do you provide care for a loved one with Parkinson's disease, Alzheimer's disease, stroke?

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at **no cost**

Who: Family caregivers

What: Multi-component program meets

- 90 minutes/ week for 9 weeks
- Groups of up to 8 people

INFORMATION

Where: Alternatives

3800 Ave of the Cities, Suite 101
Moline, IL 61265

When: First Session is Monday, April 14th, 2025
10 am – 11:30 am

"I was at a very low point in my life. This program saved my life." Participant



Please call Emma for more information
or to register: **309-788-6335**