

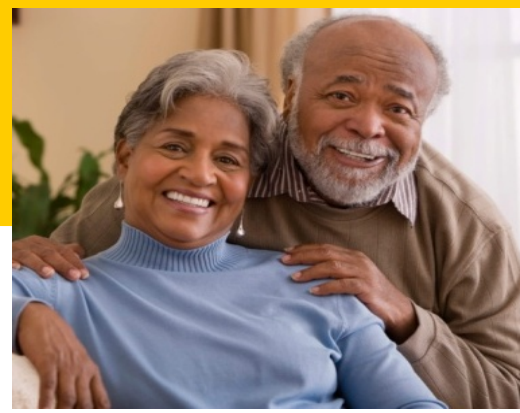
# ARE YOU A CAREGIVER?

## ***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

## **Quinn Center of St. Eulalia**

815 Lexington St.,  
Maywood, IL 60153  
(708)397-6111

## **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

## Caregiver Resource Centers

### **Aging Care Connections**

*Lyons, Riverside, Proviso, Leyden,  
Norwood Park*  
111 W Harris Ave.  
LaGrange, IL 60525  
(708)354-1323

### **Solutions for Care**

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

**[Visit us on Facebook](#)**

**<https://www.facebook.com/Caring2gether>**