

Caring for an older loved one
and feeling overwhelmed?



Space & Grace™

CARE FOR CAREGIVERS
A Six Week Support Program

Are you experiencing any of the following?

- Increased stress
- Feelings of loneliness or isolation
- Lack of support and/or care resources
- Racial, cultural or gender issues
- Worry about the pandemic

An invitation...

Space & Grace™ is a six week support group for unpaid family caregivers, age 50+, who are caring for an older loved one.
(6 sessions / 90 minutes per week)

- Group support in a safe online format
- Education, resources and tools for resiliency
- Reduced feelings of isolation and loneliness

Participants will need internet access.

Each participant will receive:

- **\$250 stipend** (*upon completion*)
- **Computers will be provided to those who do not have access to one**
- **Written materials and tools for caregiving**
- **Help with setup and tech support**

Expectations of the Participants

- Attend and participate in all six of the 90-minute sessions
- Complete a questionnaire at the beginning and end of the program and a program evaluation
- Respect the privacy and confidentiality of each member and promise not to share or record sessions

To join us

How to Apply

Applications can be submitted online by visiting www.healthchicago.org.

To apply directly or for additional information, please contact:

Jeanne McInerney

jeanne@healthchicago.org

(708) 955-9298





Space & Grace™

CARE FOR CAREGIVERS

A Six Week Support Program

You are not alone.

HEAL CHICAGO, a non-profit working to build bridges and provide healing solutions, is excited to announce the launch of Space & Grace™, a program generously funded by RRF Foundation for Aging.



HEAL
CHICAGO

Jeanne McInerney

Heal Chicago
(708) 995-9298

Melissa Kahn

Kahn HealthCare Consulting
(773) 907-9788