



Are you a caregiver of a family member or friend with Alzheimer's or a related dementia? This program is for you!

Join us for SAVVY CAREGIVER™, a free, interactive 6-week training series designed to support family caregivers.

"...It was therapeutic to empathize with everyone and get to meet people in the same situation.

As a SAVVY CAREGIVER, you will be able to:

- Develop strategies and master skills to help your caregiver situation
- Find ways to reduce the effects of stress through planning and self-care
 - Manage daily life and behaviors
- Effectively communicate with a person with dementia

Online EVENING Schedule Fall 2023

Tuesdays, 6:00 PM - 8:00 PM
October 17, 24, 31, November 7, 14, 21

Register Today!

To register, please go to the link: <http://bit.ly/SavvyCG> Spaces are limited!
For more information, contact Danielle Riley at 312-743-1475 email: Danielle.Riley@cityofchicago.org or
Victoria Russo at 312-743-3528 email: Victoria.Russo@cityofchicago.org

This project was supported, in part by grant number 90ADPI0033-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

©2002-2022. The Savvy Caregiver Program is copyrighted and used with permission. All Rights Reserved.

