

# Caregiver Support Groups

## General Support

### City of Chicago Caregiving Assistance

[dfss@cityofchicago.org](mailto:dfss@cityofchicago.org)

Offers support for families caring for older loved ones. This includes support groups, home delivered meals, and caregiver counseling.

6117 S Kedzie

312-744-4016

1st Saturday 9:30AM

The Congregational  
Church of Park  
Manor, UCC

[www.tccpmucc.org](http://www.tccpmucc.org)

Local group for caregivers to receive and share information and support.\*

7000 S King Dr

773-224-4700

4th Thursday 4:00-5:30PM



metropolitan family services

[www.metrofamily.org](http://www.metrofamily.org)

Family Caregiver Support groups let caretakers share concerns, manage stress, and get helpful tips and resources.

3843 W 63rd St

773-884-3310

1st Wednesday 10:00AM-1:00PM



### South Side Caregiver Group

[www.uhcpchicago.com](http://www.uhcpchicago.com)

Discusses the challenges of caregiving and how to develop helpful coping strategies.\*

1448 E 53rd St

773-363-1620

3rd Tuesday 10:00-11:30AM



[www.trinitychicago.org](http://www.trinitychicago.org)

Offers open caregiver support groups for family members taking care of a loved one.

400 W 95th St

773-966-1558

1st Wednesday 12:30-2:30PM

4th Tuesday 6:00-8:00PM

**\* = Free transportation to these events is available for city of Chicago residents 65 and over by calling 773-441-8457. Please allow 48 hours' notice.**

## Specific Conditions



[www.alz.org](http://www.alz.org)

The Alzheimer's Association Greater Illinois Chapter offers support groups to help loved ones cope with the challenges of Alzheimer's disease and dementia.

7101 S Exchange Ave

773-702-4269

1st Thursday 1:00-2:30PM



[www.gildasclubchicago.org](http://www.gildasclubchicago.org)

Monthly support group to share information and support with other cancer patients, survivors, caregivers, family, and friends.

Myeloma: 251 E Huron St

312-695-4523

1st Monday 3:30-5:30PM

Brain Tumor: 251 E Huron St

312-926-5351

3rd Monday 5:00-6:30PM

Spanish: 1501 S California Ave

773-542-2000

4th Thursday 11:30AM-1:00PM

### **South Loop Village – Memory Café**

[southloopvillage@gmail.com](mailto:southloopvillage@gmail.com)

Monthly gathering for people living with dementia and their family, friends, and caregivers.

1936 S Michigan Ave

312-225-4951

2nd Thursday 2:30-4:00PM



[www.namichicago.org](http://www.namichicago.org)

Support groups for family members, friends, and caregivers of those living with mental illness.

2525 S Michigan Ave, Rm 447

312-563-0445

1st Saturday 10:30AM-12:00PM



[www.jccchicago.org](http://www.jccchicago.org)

Open and free local support group for those with Parkinson's disease and their caregivers.

5200 S Hyde Park Ave

773-516-5864

2nd Wednesday 10:30-11:30AM



[www.rush.edu](http://www.rush.edu)

On Tuesdays, learn from experts at Rush's Comprehensive Stroke Program. On Thursdays, gain support from other survivors and caregivers. No registration required.

1620 W Harrison St, Rm 0452

312-563-2994

2nd Tuesdays 2:00-3:00PM

3rd Thursdays 6:00-8:00PM

