



Lightways

Hospice and Serious Illness Care

MONTHLY, 2ND WEDNESDAYS

Beginning March 12, 2025

10:00 am - 11:00 am

VIRTUAL CAREGIVER SUPPORT GROUP

Lightways Hospice and Serious Illness Care is now offering a caregiver support group for both our Lightways Families, as well as anyone in the community who is caring for a loved one with an advanced life-threatening illness. The virtual group will be co-facilitated by a Lightways Social Worker and Grief Counselor, who will guide discussions on how to best cope with caregiver stress and the anticipatory grief caregivers experience during their loved one's illness.



GUIDED DISCUSSIONS:

- ✓ Caregiver Burnout
- ✓ Grief Experienced Before a Loss
- ✓ Self-Care and Coping
- ✓ Finding Support
- ✓ Memory Making

REGISTER NOW



Click on QR Code to Register

Contact Us

815.460.3282



Visit Our Website

lightways.org

