

# Caring for You, Caring for Me

*Caring for You, Caring for Me helps caregivers reduce stress, problem-solve challenges, collaborate with professional caregivers, and be the best advocate possible for their loved one. The CFY,CFM program provides education, resources, and support to caregivers over a series of (6) 1-hour sessions or (2) 3-hour sessions. This program is FREE & open to informal family caregivers living in Western Illinois.*



*Education & Support for  
Family Caregivers*

A PROGRAM OF THE  
ROSALYNN CARTER INSTITUTE  
FOR CAREGIVING

**Tuesdays & Thursdays  
August 2nd– 18th  
Noon-1pm**

**Western Illinois AAA  
729 34th Avenue  
Rock Island, Illinois**

**For more information,  
please contact:**

Holly Brugman  
hbrugman@wiaaa.org  
309-793-6800

