

BELMONT VILLAGE

# CAREGIVER SUPPORT GROUP

1ST AND 3RD  
THURSDAY  
OF EVERY MONTH

6 - 7 PM CDT

zoom



VIRTUAL EVENT

URL

<https://zoom.us/join>

Meeting ID

922-6701-1080

Password

RSVP to Receive

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BELMONT *Village*

SENIOR LIVING  
GENEVA ROAD

545 Belmont Lane  
Carol Stream, IL 60188

### Facilitator: Heidi Kim

*Heidi is a marriage and family therapist, offering treatment for depression, anxiety, grief, self-esteem, parenting issues, marital and familial issues. She welcomes conversations regarding spirituality and faith to enrich the healing process.*

Caregiving is a difficult job and many of us struggle with its day-to-day challenges. Join us for our Caregiver Support Group, led by Heidi Kim. We'll share successful caregiving approaches and discuss what works, what doesn't, and how you can care for yourself and your loved one during this challenging time.

**For help in setting up Zoom and to RSVP, please contact Erin Blair at [eblair@belmontvillage.com](mailto:eblair@belmontvillage.com) or 630-510-2521.**



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