



FREE SUPPORT GROUPS

Support groups offer a safe, secure and trustworthy forum to share openly with others in similar life circumstances and the opportunity to give and receive support, guidance and validation. Please join us to optimize your quality of life!

RSVP is appreciated.

CAREGIVER SUPPORT GROUPS

Woodstock, 2nd Monday, 10:30 am—12 pm
*Free respite care available

Woodstock, 1st Friday, 2 pm—3:30 pm
*Free respite care available

Huntley, 4th Tuesday, 10:30 am—12 pm
*Free respite care available

Huntley, 3rd Wednesday, 2 pm—3:30 pm
*Free respite care available

Huntley, Del Webb Clubhouse (12880 Del Webb Blvd, Fountain View "F"), 2nd and 4th Monday, 10:30 am—12 pm

BEREAVEMENT SUPPORT GROUPS

Woodstock, 2nd and 4th Monday, 4:30 pm—6 pm
Group open to 50+

Huntley, 1st and 3rd Tuesday, 3 pm—4:30 pm
Group open to 50+

PARKINSONS DISEASE SUPPORT GROUPS

Huntley, 1st Monday, 1 pm—2:30 pm

Huntley, 2nd and 4th Monday, 9:30 am—10:30 am
AND/OR 10:30 am—11:30 am

Group led by a licensed music therapist and utilizes music as primary source of interaction

Woodstock

2028 N Seminary Ave
RSVP to (815) 338-3590

Huntley

12555 Farm Hill Rd, Ste 800
RSVP to (224) 654-6300

MULTIPLE SCLEROSIS SUPPORT GROUP

Huntley, 4th Wednesday, 2 pm—3:30 pm

Group peer led by George McCague. Please contact George to RSVP at (847) 669-7122

CHRONIC PAIN SUPPORT GROUP

Woodstock, 1st Wednesday, 2 pm—3:30 pm

*Respite care allows you to bring your loved one with to receive care by Family Alliance, Inc. staff which gives you the privacy to participate in the support group. If you plan on utilizing our respite care, arrangements must be made in advance. Please call to coordinate this care option.

Call for more information or learn more online at www.FamilyAllianceInc.org