

# Caring for You, Caring for Me

*Caring for You, Caring for Me helps caregivers take better care of themselves, collaborate effectively with professional caregivers, and be the best advocate possible for their loved one. The CFY,CFM program provides education and support to caregivers over a series of (6) 1-hour sessions or (2) 3-hour sessions.*

*This program is FREE & open to all caregivers living in Western Illinois.*



Education and Support for  
Family & Professional Caregivers

A PROGRAM OF THE  
ROSALYNN CARTER INSTITUTE  
FOR CAREGIVING

**Saturdays:  
February 5th & 12th  
9am– Noon, Over Zoom**

**OR**

**Mondays & Wednesdays:  
Jan. 31st– Feb. 16th  
Noon-1pm, Over Zoom**

**For more information,  
please contact:**

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

***Not interested in Virtual Programs?  
Call to be added to the list for our next  
in-person class, TBA in Spring 2022!***

