

# Oak Park & River Forest Townships Senior Services

*Presents*

## **Paths to Faithful Caregiving**

A Faith-Sensitive class for caregivers

**Starting Monday, September 12, 2016**

**through Monday, October 24, 2016**

**10 A.M. – 12:30 P.M.**

**Paths to Faithful Caregiving** is a 6-week faith-sensitive educational class designed to help caregivers take better care of themselves while caring for a relative, friend or neighbor. The theme of this class is based on the idea that the success of a caregiver is rooted in their faith or belief system.

You are a caregiver if you assist people by providing transportation to and from the doctor, grocery, and drug store, cleaning their house, doing laundry, preparing meals, paying bills, organizing medication, assist with bathing, dressing, and toileting, providing emotional assistance, and any other unpaid task. **This class is for you – registration is required, please call the number below to register.**

**To Register: Contact Steven Smith @ OPTSS 708-383-8060**

**Or Violeta Rodriguez (Solutions For Care) 708-447-2448**

**Classes held @ Oak Park Township Senior Services**

**130 S. Oak Park Ave.  
Oak Park, IL. 60302  
2<sup>nd</sup> Floor Conference Room**

**Phone (708) 383-8060  
[www.oakparktownship.org](http://www.oakparktownship.org)**