



aging care
connections

Because Aging Well Matters

BRIDGE AND AIMS PROGRAM

COFFEE AND CONVERSATION TELEPHONE SUPPORT GROUP

A Virtual Space That Fosters Connection, Openness and Overall Well-Being During COVID19

Join us for a phone support group that aims to be a positive way for older adults to start the week at home. It will be a semi-structured time for those who wish to actively share around struggles they are experiencing and strategies they are using to find gratitude, hope and resilience during this unconventional time.

- When:** Every second and fourth Monday of the month
9:30am - 10:30am
- How:** By phone or Zoom
- Dial In Options:** **Phone: 1-312-626-6799**
Meeting ID: 886 5913 9265 | Password: 464520
Zoom: <https://us02web.zoom.us/j/88659139265>
Meeting ID: 886 5913 9265 | Password: awn123
- Contact:** Contact Mackenzie Buss at 708-497-9898 or
mbuss@agingcareconnections.org if you
would like more information.

Aging Care Connections does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call (708) 354-1323.

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