



LINKAGES Support Group

For older adults who have adult children with disabilities.

- Get support, encouragement, and understanding from others who are experiencing similar issues and concerns.
- Learn to navigate aging and disability service systems.
- Discuss the importance of future planning and explore ideas on how to do this.
- Discover the value of learning and discussing these issues with others.

Starting January 2026

1st and 3rd Tuesday of each month • 1–2 pm

Registration required to Kate Kiser, MSW at 773.508.1707.

**The Delighter/Winston Center for Aging Well
3033 West Touhy Avenue, Chicago IL**

Free

For more information visit www.cje.net



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

3033 West Touhy Avenue | Chicago IL | www.cje.net | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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