

You're Invited to a **Luncheon and Conversation for Care Partners**



The Benefits of Self-Compassion

Join us for a special luncheon and conversation honoring the people who care for an older adult they love.

As caregivers, none of us get it right every time. We reach our limits, react under stress, and sometimes fall short of being the caregiver we want to be. But what if we could respond to those moments with greater understanding?

Dasha Kiper, MA will lead us through an exploration of the brain science behind self-compassion. We will learn how acknowledging our imperfections can help us navigate caregiving with greater resilience and grace.

Tuesday, November 3, 2026 • 11am–1pm

Evanston Public Library, 1703 Orrington Avenue, Evanston, IL

Free. Lunch included. Registration required and space is limited.



**CLICK OR SCAN
HERE TO REGISTER**



cje.net/luncheon-and-conversation-for-care-partners

For more information or assistance, call 847.556.8406.

This Care Collective program is presented by The Zoller/Kaplan Families Center for Cognitive Services and Renewal Memory Partners.

The City of Evanston is committed to promoting a Citywide culture of accessibility and inclusivity. To request an accommodation for a program, service, or activity, please call 847.866.2919.



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.

Zoller/Kaplan Families Center for Cognitive Services 1015 Howard Street, Evanston IL | cje.net/adsevanston | 773.508.1000

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

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