

REFLECTING ON THE HOLIDAYS: CARING FOR AGING PARENTS

A Workshop for Adult Children

Saturday, January 5, 2019 9:00 am – 12:00 pm \$50.00

HOW DID THE HOLIDAYS WITH AGING PARENTS WORK OUT?

- ◆ Were you disappointed by unmet expectations?
- ◆ Did old family patterns come up and cause tension?
- ◆ Did concerns arise about changes in their health and independence?
- ◆ Are you wondering if you should begin taking on more responsibility?
- ◆ Are there lingering feelings of sadness about changes they're going through?

PARTICIPATE IN A MORNING WORKSHOP THAT WILL BE:

Informative, Interactive, and Supportive in a Small Group Setting

AT THIS CLASS YOU WILL:

- ◆ *Learn about key transition points in the aging process*
- ◆ *Discuss when to step in and when to hold back on taking responsibility*
- ◆ *Develop insight into your worries and sense of loss*
- ◆ *Discover ways to appreciate pleasant moments*
- ◆ *Focus on recognizing your needs and self-care*



Conducted by Sue Alvey, Licensed Professional Clinical Counselor
Counseling and Consulting with Older Adults and Their Families

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