



The Law Office Of Attorney Laurie Giles

Helping you get through the challenge so you can live your best life

203-502-8851

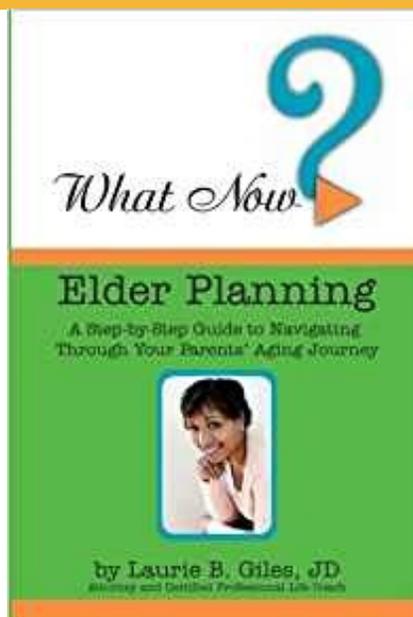
November 2018 - Getting Through the Holidays

More than one Turkey at the Table?

Perhaps you are newly divorced, considering divorce, still angry with your siblings over a decision made about your aging parents, or dealing with an in-law you wish was an outlaw. Here are five tips to get through the holidays when you truly believe that the turkey on the table is not the only turkey at the table.



1. Don't avoid putting on the "happy, jaw hurting fake smile face." Just be yourself - don't put on an act.
2. Don't use the holidays as a pity party. Avoid putting a damper on everyone else's holiday spirit with unrelenting "poor me" tales of woe.
3. Don't turn the holiday dinner table into a battlefield.
4. Be cordial - remember it is only a few hours.
5. Take some time to breathe and relax.



Dealing with Aging Parents?

On December 11, 2018, 5:00 pm-7:00 pm, Middlebrook Farms at Trumbull - A Benchmark Senior Living Community, will host an elder planning workshop featuring Laurie Giles. Attorney Giles will offer practical advice on how to find the best care options for aging and ill loved ones, protecting assets, and managing challenging family dynamics.

Contact Lisa Torello to register.
203-268-2400
ltorello@benchmarkquality.com

What's Happening at the Law Office of Laurie Giles

Welcome - Our new paralegal, Heidi Manente, comes to us with years of experience. Heidi will be providing direct client support in our Divorce, Estate Planning, and Elder Law practice areas.

New Hours - We have moved to a four day work week! Our new hours are Monday - Wednesday 7:30 am - 3:30 pm and Thursday 7:30 am - 7:30 pm, Friday closed.

Upcoming Events

December 6

Divorce Litigation From Start to Finish - Presented by National Business Institute. Attorney Giles will serve as a guest lecture.

December 11

Elder Planning Seminar - Presented by Middlebrook Farms at Trumbull.

January 10

New Year - New You Celebration - Watch for details in our December newsletter.

[Visit our website](#)

