

SUPPORT GROUP

CARING FOR AGING PARENTS:

Saturdays 10am-12pm

\$50 per session

GROUP TO BE HELD VIA ZOOM

RECEIVE SUPPORT FROM OTHERS WHO ARE STRUGGLING WITH WATCHING PARENTS AGE AS YOU TRY TO FIGURE OUT HOW TO MANAGE YOUR OWN WORK AND FAMILIES.

THIS GROUP WILL HELP YOU TO COMMUNICATE WITH YOUR PARENTS WITH COMPASSION AS YOU ASSIST THEM TO ADJUST TO CHANGES IN THEIR AND YOUR LIVES.

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