

Free Caregiver Education & Support Group



FALL SERIES

**Location: Adult Day Services at Journey's Way
4200 B Mitchell Street, Suite 1000
(1st floor of Pensdale II)**

**Join us for one, two or all three sessions.
To register, please call 215-487-1750**

Session #1

"Caregiving as an Olympic Sport - You can't do it alone"

**Tuesday, September 27, 2011
6:00 - 7:00 pm**

Are you concerned about someone who is aging and needs or will need care? Do you often think you need support to begin this process? Come to like minded people and learn ways of coping.



Session #3

"Making it through the Holidays as a Caregiver"

**Wednesday, November 30, 2011
6:00 - 7:00 pm**

Even though the holidays are filled with joyous times, it can create stress and anxiety for an already stressful and busy household. This session will focus on how to plan, prioritize, and decompress.

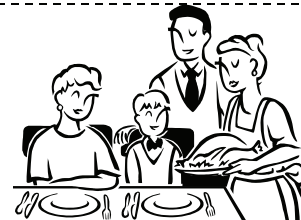


Session #2

"Concerned about Memory Loss? Find Help and Planning"

**Wednesday, October 26, 2011
6:00 - 7:00 pm**

Are you concerned about the changes you see in your parent, spouse, friend or neighbor? This session will focus on when an evaluation is needed, who can help, and how to plan for services and help.



**The monthly Caregiver Support
Group will begin after each
educational session.**