

## **CAREGIVER SUPPORT or SENIOR SUPPORT**

Williamsburg-Are you a caregiver spouse? Are you sandwiched between caring for your children and parents? Is it getting to be too much to manage?

Marge Pietras R.N., owner and case manager of ALL ABOUT YOU HOME CARE, is offering a series of workshops at the Williamsburg Council on Aging, 141 Main Street, Haydenville, MA 01039. Please call to register at 413-268-8407

### **Tuesday EVES @6pm**

1. Managing Difficult Behaviors - June 21st @ 6p
2. Caregiver Burnout- July 5th @ 6 p
3. Caring Conversations - August 23rd @ 6p
4. Surviving the Sandwich Generation - Sept. 13th @ 6p

### **Wednesday Afternoons @12:15**

1. Care Giver Survival Tips -June 22nd
2. Staying in Your Own Home - July 6th
3. Making the Most of Health Insurance - August 24th
4. Pre-planning for End of Life Decisions & Care - Sept. 14th