Coping and Caring Family Meeting Schedule

Spring, 2010
Doubleday Babcock Senior Center
45 East Main Street
Oyster Bay, NY 11771
922-1770
www.dbsconline.org
5:00 pm – 6:00 pm

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01/25/10	"Challenges of Caregiving" Group Discussion
02/ 22/10	"Coping with Stress-Warning Signs" Group Discussion
03/08/10	"Legal and Financial Issues" Speaker: Steven Kass, Esq., Elder Law Attorney
03/22/10	"Dealing with Grief Loss and Loneliness" Group Discussion
04/05/10	"Understanding the Caregiver's Dilemma" Speaker: Stephanie Pacchiano
04/19/10	"Taking Care of Yourself" Group Discussion
05/03/10	"Accepting Help with Caregiving" Group Discussion
05/17/10	"Dealing with Challenging Behaviors" Speaker: Barbara Vogel, LMSW, ASW-G
06/07/10	"Caregivers Burnout" Group Discussion
06/21/10	"Respite for the Caregivers"-There is Hope! Speaker: EAC., Debbie Deverall
07/12/10	"Stress Management," The Emotional Health of Caregiver Group Discussion
08/16/10	"Educating Caregivers about End of Life Issues" Speaker: Hospice Care Network