

CARING FOR YOUR AGING PARENTS



TUESDAYS
6:30 - 7:30 P.M.



*For more information or to register, call
(863) 644-8470*

Tier 1 consists of four weeks of one-hour group sessions that focus on coping with the major challenges of role reversals while learning to maintain a healthy balance between meeting their needs and taking care of yourself.

The Aging Parents Caregiver Support Group was created to provide an added support system for those that are caring for their elderly parents. Whether your parent lives with you in your home, or he or she lives in a long-term care facility, or even alone in their own home, caring for an elderly parent can be one of the most emotionally complex and stressful experiences there is. It can also be one of the most rewarding. Learning the skills necessary to cope in a healthy way and maximize your relationship with your loved one.



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PSYCHOLOGICAL ASSOCIATES OF CENTRAL FLORIDA

5424 Strickland Ave., Lakeland, FL 33812

(863) 644-8470 | www.PACFlorida.com

Dr. Berney Wilkinson Dr. Richard Marshall Dr. Ellen Suarez Ms. Cassie Avallaneda