

One Day @ a Time:

Taking care of yourself while caring for others

Sunday Afternoon Workshops for Family Caregivers

Interacting with other family caregivers in activities centered on:

Communication dilemmas -- Making Others Understand

Story-telling -- Entertaining Ways to Ask for Help

Spirituality of Caregiving -- Finding the Smile

*NOTE: Each session will include **Tips & Tools** handouts*

3:30 – 5:00 pm

Claiborne Parish House @ Otey Memorial Parish

214 University Avenue, Sewanee TN 37375

Sunday, **January 25**, 2015

Sunday, **February 15**, 2015

Sunday, **March 1**, 2015

Kathleen Banchoff, facilitator

To reserve your place in 1, 2, or all 3 workshops, contact

Folks@Home

931-598-0303

folksathomesewanee@gmail.com