

Family Caregiving Workshop

“Common Struggles for Caregivers”

Thursday, November 6: 6:30 PM – 8:00 PM

offered free of charge

**at the Tompkins County Office for the Aging
214 Martin Luther King Jr/State Street, Ithaca**

Speaker: Ann Dolan, LCSW
Geriatric Mental Health Clinician
Family and Children’s Service of Ithaca

Caring for a family member or other loved one presents multiple challenges. There communication changes, family dynamics, emotional and behavior changes, lack of personal time, along with the difficult feelings of grief and loss...to name a few. During this workshop, we will discuss some of the problems most common to caregivers, and explore those most important to those in attendance.

Ann Dolan works in the Senior Services Program at Family and Children’s Service as a therapist for older adults and provides counseling to family caregivers free of charge.



Pre-registration is required !

Please contact the Office for the Aging to register or with any questions about this program or other services to support family caregivers of older adults:

Phone: 274-5491 or E-mail: kschickel@tompkins-co.org