



Montpelier Community Justice Center

with assistance from Central Vermont Council on Aging &

The Kellogg-Hubbard Library

presents

Difficult Family Conversations About Aging

For elders and those who care for and about them



September 15, 22, & 29, 2008 • 6:30 – 8:30 pm
Hayes Room, Kellogg-Hubbard Library

Is your family avoiding or putting off talking about the practical matters associated with aging? Finding it hard to get started? Afraid of what might come up? Feeling overwhelmed just thinking about it?

Come to this **free** workshop series to look at what is behind the procrastination, learn the art of planning before talking, practice inviting your family to join you, and start having “less difficult” conversations with your family members that resolve crucial issues related to aging.

Each Workshop has a different focus—Come to one or all

September 15: Get a grip on family history so you can talk about the money

September 22: Deal with fears lurking in discussions about health

September 29: Sort out the relationship between home and identity



These workshops are free, though registration is required. With room for only 24 participants per workshop, register early. Email jgibson@montpelier-vt.org (put *workshop registration* in the subject line) or call 223-9606.

Workshops are led by Yvonne Byrd and Judy Gibson.



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