



Marchick Counseling & Consulting
Individual & Group Therapy

ADULTS CARING FOR AGING FAMILY

6 Week Educational Support Group

WEDNESDAYS (NE PDX) 5/6- 6/10 6:30 PM

FRIDAYS (VIA VIDEO) 5/8 - 6/12 11:30 AM

Week 1: Introductions & Understanding Caregiving

Week 2: Creating Teams, Clarifying Roles & Engaging Family Members

Week 3: Financial, Legal & Medical Permissions and Steps Involved

Week 4: Self- Care & Dealing with Difficult Behaviors

Week 5: Quantity & Quality of Life

Week 6: Anticipatory Grief & Death

6 week commitment to all sessions

\$180 in advance or \$35 paid each time

Contact to sign up or learn more:

marchickdaniella@gmail.com

503-683-3179

www.marchickcounseling.com

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