

Caring for Yourself / Caring for Your Elder

An Ongoing Therapy Group

Are you caring for an elder – whether in your home, full-time, part-time, or long-distance?

Are you struggling with feelings of resentment, overwhelm, fear, exhaustion, burn-out, anger, sadness, or helplessness?

Is there tension in your family or home because you're caring for your elder?

Are you having a hard time balancing the various aspects of your life – family, friends, work, and caregiving?

Whether your elder is suffering from dementia, illness, or just “old age,” this group will:

- support you as you support your elder
- provide tools for balancing and calming your life
- teach you skills to deal with your elder
- incorporate the spiritual dimension of eldercare
- help you through the stages of elder care

Facilitator: Linda E. Katz, Ph.D., MFT, Founder and Co-Director of the Center for Creative Growth, has been helping people achieve their personal, relationship, family, and professional goals for over 30 years. She has been a caregiver for both of her parents. Linda is a recognized expert in the field of psychotherapy, helping people transform life's challenges into opportunities for healing and growth.

Founded in 1982

Tuesdays

12:30-2:30pm



North Berkeley

Free Parking

\$75 per session

Counseling With Heart - Producing Results That Work

CALL (510) 527-2100 for a FREE FIRST SESSION

www.creativegrowth.com

email: info@creativegrowth.com