Coffee and Conversation for Caregivers

A series of facilitated discussions about the practical and spiritual aspects of caregiving. Discussions will center on the emotional demands and spiritual dimensions of caregiving, but will also include resources to help navigate legal, medical, insurance, and respite issues.

Topics will include:

- the spiritual dimension
- emotional stress
- difficult choices
- financial strains
- family challenges
- health care considerations
- other topics people would like to discuss

Joanne McClarty, a retired therapist, has facilitated groups for women and children. She was the primary caregiver for her mother for ten years and is excited to share her caregiving journey, and its deeper meaning.

Loriann McNeill, Family Caregiver Program Coordinator at Multnomah County Aging and Disability Services, will provide information and resources at each session.

November is National Family Caregivers Month. Don’t miss this opportunity to connect with other caregivers. For respite information call Multnomah County Aging and Disability Services Helpline at 503.988.3646.

Thursdays
10 a.m. – noon
November 4, 11, 18 and December 2
Kenton Library
8226 N. Denver Ave.

Registration not required.
Questions? Contact
503.988.3468.

Co-sponsored by Multnomah County Library and Multnomah County Aging and Disability Services’ Family Caregiver Support Program. This program is also made possible in part by Life by Design NW (lifebyc gnw.org), and the Institute of Museum and Library Services through the Library Services and Technology Act, administered by the Oregon State Library.