

Ring & Reach Seminar

VHA Home HealthCare
Creating More Independence

About our Speaker:

Eleanor Silverberg, Director of Jade Self Development Coaching, is a social worker, author, speaker and grief specialist. She has helped numerous adults through diverse life-altering situations by applying her unique 3-A Coping Tool, which combines existing grief strategies with conventional therapeutic models.



“A” COPING TIPS FOR DAILY SELF-MONITORING

June 13, 2018
7:00 PM - 8:30 PM

Being a caregiver for a chronically ill family member can be physically and mentally challenging. The circumstances may leave you feeling frustrated, overwhelmed, hopeless, and buried deep in care demands.

This webinar will introduce you to an innovative tool that allows you to use your own resources to help improve daily coping. You will develop your ability to self-monitor by:

- Following the three elements of a strength-enhancing regimen.
- Assessing your personal coping style.
- Assisting through strategies using mindfulness practice.

Register at www.events.huddol.com/vha
For more information contact Malak Sidky at
416-459-0266 or at ringandreach@vha.ca
Space is limited, so register now!