

Each session will be presented twice (Monday morning & Thursday evening). Attend any or all.

Session 1 - When You Don't Know What to Say / Documenting Your Wishes

Monday, September 10, 10:00-11:30 AM

Thursday, September 27, 6:00-7:30 PM

- When you don't know what to say as a loved one, caregiver, friend, and/or you're the one facing end-of-life and/or a health change
- Includes discussing tough decisions: wishes, fears, etc.
- Wills & Trusts, and other needed documentation: with Cloverdale attorneys Paula Hall & Jim DeMartini
- Advance Directives, Physician Orders for Life-Sustaining Treatment (POLST): forms available
- Relevant at any age and even if you are healthy!

Session 2 - Caregiver Strategies and Self-Care

Monday, October 15, 10:00-11:30 AM

Thursday, October 25, 6:00-7:30 PM

- Taking care of oneself is taking care of a loved one!
- Learn strategies that will help to sustain and pace you through the journey of caregiving for your loved one/s.
- Begin to identify what self-care ideas and practices are helpful and relevant to your experience as a caregiver.
- Consider ways that will help to avoid losing yourself / identity / well-being as caregiving needs increase.

Session 3 - Quality of Life: Everywhere! Every time! Every Age!

Monday, November 5, 10:00-11:30 AM

Thursday, November 8, 6:00-7:30 PM

- Navigating the healthcare system (e.g., doctor visits, ERs, hospitalizations, and other facilities)
- Getting the most out of every experience (e.g., vacations, travel, restaurants, celebrations, etc.)

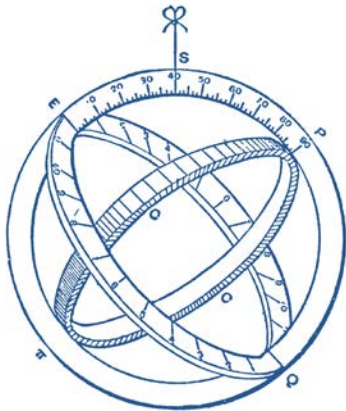
No registration needed. Just show up.

For more information, please call the church office at 894-2039.
Leave a message and we'll get back to you as soon as possible.

You can also send us a question via our Facebook page or our web site:
www.UCCloverdale.org

Please note

- These workshops are being hosted by the United Church of Cloverdale as a service to the community. They are not meant to take the place of any medical care or physician's advice.
- This is not a religious event.
- While these events may be of interest to families with children, child care (and children's activities) will not be provided, so it's better if the kids stay home.



The United Church of Cloverdale is an Open and Affirming congregation of the United Church of Christ.

“United in Spirit and inspired by God's grace,
we welcome all, love all, and seek justice for all.”

Navigating the Journey of Life Together

a series of workshops led by

Rev. Jen Collins, *hospice chaplain*

Expert advice

for elders, caregivers, and their loved ones

Designed to meet your needs

with time for discussion and questions

Anyone can attend

open to the entire Cloverdale community
relevant for all ages and stages

Low cost donation per session

\$15/person or \$20/couple

no one turned away for lack of funds

Accessible Location

United Church of Cloverdale Fellowship Hall
439 N. Cloverdale Blvd.