

## Balancing Act

A monthly support and discussion group for adults coping with a parent's dementia

- Different discussion topic each month
- Come to as many sessions as you wish
- Learn to maintain your own balance while offering support to your parent(s)
- Share wisdom, information, and encouragement with others



**When:** 1-2 evenings per month  
7:00 – 8:30 p.m.

**Where:** Currently meeting online via Zoom video conferencing.  
Under usual circumstances, the group meets at JF&CS Headquarters,  
1430 Main Street, Waltham  
**Check with Beth at [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org) for dates and information about Zoom meetings.**

**Cost:** \$10- \$20 per session (suggested donation)

*Facilitated by Danielle Lubin, LICSW and Beth Soltzberg, LICSW*

**Registration required. To register or for more information, please contact  
Beth at [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org) or 781-693-5628.**