

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 for dates and information about Zoom meetings.

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

Facilitated by Joanne Peskowitz, LICSW and Beth Soltzberg, LICSW

**Registration required. To register or for more information, please contact
Beth at bsoltzberg@jfcsboston.org or 781-693-5628.**