

Honoring Our Parents: Understanding Aging & Finding Supports

Understanding changes in your aging parents is important to help them connect with the most suitable resources. What is normal aging and what might be part of an illness? How can you detect depression or substance abuse? What services are available and how much do they cost? This workshop will provide critical knowledge for planning ahead and working with your parents to make informed decisions.



Monday, June 8
7:00 – 9:00 p.m.

Southeast Seattle Senior Center
4655 South Holly Street, Seattle

Advance registration encouraged. \$10/person; scholarships available.

Contact Adam Halpern at (206) 861-8784 or familylife@jfsseattle.org.

Co-sponsored by Jewish Family Service and Southeast Seattle Senior Center



JEWISH **FAMILY** SERVICE

