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**Life Cycle Transitions - Community Support Group
for Families Facing Elder Care Decisions**

Arbor Terrace at Chestnut Hill along with Southeastern Home Health Services is offering a support group open to families in the community who have parents or family members that are considering an alternative living arrangement, and are seeking help with transitioning from home to senior living. This support group provides participants an opportunity to discuss issues related to making a decision on whether to support an older adult living at home or moving into a senior living community. The purpose of the group is to provide:

- Support for adult children who may be experiencing stress related to caring for a parent or an older adult
- Opportunity to learn from the strengths and experiences of others who have dealt with assisting a family member's transition from home to a senior living community
- Help with how to assist with your parent's adjustment to change and losses associated with aging
- A forum to share thoughts and feelings related to your parent's natural decline of aging
- Information on how to better respond to change, loss, separation, and grief
- Information and education on issues related to aging
- Strategies on how to be a positive and effective advocate

Gary Kozick, LCSW will facilitate the Community Support Group. Gary has extensive experience in working with support groups. His 30 years of clinical practice and administrative experience includes working in home care, senior living, and skilled nursing facilities.

The Community Support Group is open to new members and will meet on the second Tuesday of each month from 6:30 – 8:00 PM.

Date: March 8th, April 12th, May 10th

Location: Arbor Terrace at Chestnut Hill
495 East Abington Ave.
Philadelphia, PA 19118
www.at-chestnuthill.com

Contact Information for support group:
Gary Kozick, LCSW at 215-510-8901 or
garykozick@gmail.com



Please RSVP to Arbor Terrace at 215-247-5307 or
or sbailey@arborcompany.com