

DIFFICULT CONVERSATIONS ABOUT DIFFICULT DECISIONS

A FREE Workshop on talking with a loved one about end-of-life care

When you're caring for a loved one with a chronic illness, you and your family will eventually face some difficult decisions. Anticipating the situations that may arise can help you honor your loved one's healthcare wishes and avoid having to make tough decisions during a crisis.

Topics at this workshop include:

- **How to start a conversation with family member**
- **Dealing with resistance**
- **What are the choices?**
- **Holding on and letting go**



DATES/TIME: Wednesday, April 19, 2017
10:30 a.m. to 12:30 p.m.

LOCATION: **LITTLE HOUSE**
800 Middle Avenue
Menlo Park, CA 94025

SPEAKER: Christina Irving, LCSW, Family Consultant
Family Caregiver Alliance

TO REGISTER: Call LITTLE HOUSE: (650) 326-2025

Group size is limited and please let us know if you have a disability and require assistance.

Light refreshments will be provided.



This program is funded by Dignity Health—Community Grants Program. Family Caregiver Alliance supports and assists caregivers of adults with chronic or disabling health conditions regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age. FCA is part of California's statewide system of nonprofit Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations, and respite assistance. For more information about FCA, call (800) 445-8106 or visit www.caregiver.org.