



# CAREGIVER WORKSHOP

## CAREGIVER SUPPORT PROGRAM

### JOIN US FOR A FREE CAREGIVER WORKSHOP

A time to gather, meet other caregivers, learn new skills, and celebrate you!

\*Lunch will be served

PCA -642 N. Broad Street, 2nd floor Philadelphia, PA 19130

Thursday, November 16th, 2023  
9:45 AM to 1:30 PM

\*free Parking available upon request

#### Agenda:

Light refreshments and registration  
Conversations in Life Planning  
Supporting Strengths, Supporting you  
Lunch and wellness activity

## CALL OR EMAIL TO REGISTER :

- ❖ #215-765-9000 Extension 4391
- ❖ cheryl.clark@pcacares.org



## *Having Conversations, Supporting Strengths*

**Life Planning Conversations:** Caregivers play a key role in having meaningful conversations about care decisions. One size does not fit all when starting conversations. Learn about advanced decision making and how to talk about wishes and what is important in thinking and talking about care. **Presenter:** Sheila G. Amrhein, LCSW, APHSW-C Social Worker, Supportive Oncology and Palliative Care, fccc

**Supporting Strengths, Supporting You:** “Oh, just let me do it!” Do you find yourself taking tasks away from your loved one in an effort to save time? In the long run, you’re making more work for yourself. In this interactive workshop we will brainstorm ways that you can encourage your loved one to function at the top of their game, keeping both of you happier and healthier. **Presenter:** Emily S. Gavin, MS, OTR/L, is an occupational therapist and founder of PhillyCare Coaching LLC.