

A 4 session workshop series

You and Your Aging Parents

Understanding and Navigating your Changing Roles

- Understanding your parents' experience as they age
- Coping with the shifting direction of dependence
- Dealing with unfinished business
- Long distance relationships
- Dealing with guilt
- Changing parameters of *kibud av va'em*

with

Rabbi Yosef Wolicki

Rabbi Wolicki holds a Master's degree in counselling psychology from McGill University. He has decades of experience counselling and lecturing on matters of family dynamics. He counseled participants in an Alzheimers program at Shaare Zedek, and more recently, he led support groups for children of people with dementia here in Beit Shemesh

Wednesday Evenings at 8:00 - 9:00 p.m.

November 3, 10, 17, & 24

at

Beit Midrash Torani Leumi

For more information contact Rabbi Wolicki at wolicki@zahav.net.il