

**Do you want to:  
Discuss solutions  
and challenges in a  
supportive setting?**



# ASK THE SOCIAL WORKER!

**Miller Senior Center  
2901 Dixwell Ave  
2nd & 4th Tuesdays  
11:00 a.m. - 1:00 p.m.**

## HOW IT WORKS

- Long range planning for future care needs
- One-on-one family caregiver support
- Supportive emotional therapy for adjustment to changes and loss

**Attend One of  
Our FREE  
Health Coaching  
Sessions**

**For Information: VNA Community Healthcare Helpline at 866.474.5230 (toll free)**



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[ConnecticutHomecare.org](http://ConnecticutHomecare.org)

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