



Employee Assistance Program



Are you caring for someone over 60?

You are invited to participate in a program providing a monthly open discussion about elder care-giving facilitated by Christine Damon, MS Ed, Eldercare Respite Coordinator from Catholic Charities Caregivers Support Services.

Bring your questions. Bring your concerns.

3rd Tuesday of each month on the **Downtown Campus**

1:00—2:00 pm

Location: Richardson 109

6-Month Program beginning September 15th

Phone and e-mail support available between meetings!

Program Fee: \$40.00

Make check payable to *Catholic Charities Caregivers Support Services*

Limited to 10 participants. Register Early!

Registration Deadline: Wednesday, Sept. 9th

♥ REMEMBER TO CARE FOR YOURSELF WHILE CARING FOR A LOVED ONE ♥

To Register & Make Payment, Contact:

Brenda Seckerson, EAP Coordinator

bseckerson@uamail.albany.edu 442-5483

Or, register online: EAP website www.albany.edu/eap

This program is provided by Catholic Charities Caregivers Support Services and is sponsored by Albany County Department of Aging & New York State Office for the Aging, The Administration on Aging, and the United Way

♥Caregivers Support Services welcome all persons regardless of race, creed or lifestyle.♥

Employee Assistance Program-sponsored events are open to UAlbany and Research Foundation faculty, staff, family members, GSEU members and retirees.