



# Side by Side for Independent Living:

*A Program for Older Adults, their Families and Caregivers*

**A series of free workshops to address caregiver issues  
Thursdays, 3:30 to 5:30 PM**

All sessions are **free** and will be held at:

**Easter Seals NH, Daybreak Room, 555 Auburn Street, Manchester, NH**

You are welcome to attend all sessions, or select only those that interest you. Preregistration is required and important to assure space and provide contact info in event of schedule change due to weather.

**For more information or to register, contact:**

Bernie at: **(603) 714-1737**, or email: [\*\*bseifert@naminh.org\*\*](mailto:bseifert@naminh.org)

<u>DATE:</u>	<u>TOPIC:</u>
1. Sept 1, 2011	Meeting Caregiver Needs: Supports for the Support Person
2. Sept 8, 2011	Medical Care: Navigating the Health Care System
3. Sept 15, 2011	Understanding Depression in Older Adults
4. Sept 22, 2011	Understanding Mental Health Issues in Older Adults
5. Oct 6, 2011	Substance Use and Misuse in Older Adults
6. Oct 13, 2011	Understanding Dementia
7. Oct 20, 2011	Coping with Changing and Challenging Behaviors
8. Oct 27, 2011	Legal Issues: Who Makes the Decisions and When?
9. Nov 3, 2011	Wellness and Healthy Living

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