



Take Care... But HOW?!!

Join Us

You're there to support your Veteran.
We're here to support YOU.

for Caregiver Education, Support & Networking
Friday, July 19, 2019
9 a.m. – 3 p.m.
(Registration 8:30 a.m.)

- ✓ Does Taking Care of yourself feel like one more thing on a very long “to-do” list?
- ✓ Are you frustrated by well-meaning people who say “Take care!” when they don't “get” how hard that is? You know self-care is important...but, HOW?
- ✓ During this program, you will learn practical ways to preserve your health, well-being and capacity to care, especially when you are overextended, exhausted or alone.

Presenters

Chaplain Thomas Behling, Chief, Chaplain Service
Reverend Sherry Deets, Rector
Jane Meier Hamilton, MSN, RN
Audrey Hall, LCSW and Mollie Baker, LSW,
Mindful Movement Meditation
Maureen Miller, LCSW and Michelle Bade, LCSW

Conference Location

Trinity Episcopal Church
323 E. Lincoln Hwy
Coatesville, PA 19320
610-384-4771

In-home Respite and Childcare

Please contact your PACT Team Social Worker to coordinate
In-home or Community Adult Day Care respite arrangements and
to complete or update required forms in advance.
Childcare provided on site. Please call to confirm name and age of child.

Register by July 8, 2019 by contacting Maureen Miller, LCSW or Michelle Bade, LCSW
Caregiver Support Coordinators at 610-384-7711, ext. 5310 or ext. 2917 or email
Maureen.Miller@va.gov or Michelle.Bade@va.gov



U.S. Department of Veterans Affairs
Veterans Health Administration
Coatesville VA Medical Center

Direction and map on the other side



Directions to

Episcopal Church of the Trinity, Coatesville, PA

30 Bypass to exit 82 S to business 30
and make a left onto Business 30.

Park at lot on 3rd Ave. and Lincoln Hwy.
across from the Community Garden
(next to the Rite Aid parking lot).

entrance to parking lot is on Martin Luther King (formerly Harmony St.)

