

# Caregivers Dinner and Conversation

Conshohocken United Methodist invites all caregivers to join us on **Thursday, 9/14, for Caregivers Dinner and Conversation.**

Amber Lynn Connell, MA, Licensed Professional Counselor, Owner, Therapist, and Clinical Supervisor ALC Counseling and Therapy will facilitate this event.

Conversation will cover a wide range of topics including: Coping strategies, self-care, resource sharing and open Q&A.

All caregivers: folks caring for an elderly family member, parents of those with mental health conditions or disabilities, are invited to participate.

Dinner at 6PM. Programming begins at 6:30PM. Childcare available. **Free [Signup Here: https://bit.ly/44bXzhK](https://bit.ly/44bXzhK)**

Please share the attached flyer with your school community.

Questions? Contact Pat Patterson (610) 828 1250 OR [Admin@conshyunitd.com](mailto:Admin@conshyunitd.com)