



## Life After Caregiving

### Permission to Live

When we have been the daily caregiver for someone we love and they die, we experience profound loss. For most of us there are feelings of relief, guilt, sadness and grief, as well as hope for renewed life and connection with friends and activities. The experience of caring for a loved one—whether a spouse, a parent or friend—changes us. With a combination of grief and extra time on our hands, we can feel empty and at loose ends. This workshop is designed to support you in reconnecting with yourself.

Julie Interrante, MA will facilitate the group. There will be time for reflection, exploration and connection. This group will meet for a total of ten sessions starting Wednesday, January 2, 2019 from 12:30pm-1:45pm at the Hart Senior Center.

**RSVP is required to attend.**

E-mail [swilson2@cityofsacramento.org](mailto:swilson2@cityofsacramento.org) to reserve a space.

*“Julie provides good processes and tools...she has such a calming presence, is a good listener, and I enjoy her quiet sense of humor. Hearing from the others in the group helps too – there is always a nugget of information in what others share.”* – comment from a recent support group participant.

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As a participant, you will have an opportunity to:

- Practice giving yourself permission to live your life.
- Consider your health, your identity, your values, passions and gifts.
- Discover your talents, your wants and your dreams.
- Learn techniques for dealing with guilt and worry.
- Connect with others who are also learning to give themselves permission to live.
- Explore having a full life after caregiving.

**Hart Senior Center**  
**915 27th Street**  
**Sacramento, Ca 95816**

12:30pm-1:45pm  
Wednesdays

January 2<sup>nd</sup> & 16<sup>th</sup>  
February 6<sup>th</sup> & 20<sup>th</sup>  
March 6<sup>th</sup> & 20<sup>th</sup>  
April 3<sup>rd</sup> & 17<sup>th</sup>  
May 1<sup>st</sup> & 15<sup>th</sup>

Cost: \$20  
includes all ten workshops  
collected at first session  
cash, check or credit card  
limited scholarship available  
Free Street Parking