



# THE LONG GOODBYE:

## Understanding the Special Grief of Caregivers




**FOR FAMILY CAREGIVERS**, grieving can start long before the person you are caring for actually passes away. Anticipatory grief often starts when the person you are caring for gets a significant diagnosis and their health begins to deteriorate. Feelings are related to the loss of what was or what you thought life was going to be like. It can be difficult to speak with others about anticipatory grief because the person you care for is still alive and you may have feelings of guilt or confusion as to why you are feeling this kind of grief. It is important to understand that anticipatory grief is normal and there are ways to cope. Join us to learn more about this important caregiver topic.

This program will be presented by **COPSA Institute for Alzheimer's Disease and Related Disorders, Rutgers University Behavioral Health Care**.

Program hosted and sponsored by :

**PARKER AT MONROE ADULT DAY CENTER**  
200 Overlook Drive, Monroe Township  
609-655-6853

 **Parker at Monroe Adult Day Center**  
200 Overlook Drive  
Monroe Township

 **May 15<sup>th</sup>**

 **4:00 – 5:00 pm**

 **FREE – Open to the Public**

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**Refreshments will be served courtesy of Parker at Monroe Dining Services**

For information and registration, call Rachel Kallish at 609-655-6853 or email [RKallish@parkerlife.org](mailto:RKallish@parkerlife.org)

Parker is pleased to present this program as a community service. All opinions and program content presented are solely the responsibility of the speaker. Parker does not endorse or recommend any products or services that may be offered by any speaker or business.

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