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10/20/1980 - Stress Relief For Adult Children And Aged Parents

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News

Eastern Illinois University
CHARLESTON, ILL. • 217-581-2820
HARRY READ, Director of Information and Publications

October 20, 1980
L/A

FOR IMMEDIATE RELEASE

CHARLESTON, IL --"Stress Relief for Adult Children and Aged Parents" will be the topic of a series of workshops sponsored by the School of Home Economics and the Department of Educational Psychology and Guidance at Eastern Illinois University.

Each workshop will meet two hours once a week for a total of nine meetings. They will begin Oct. 28 at 7 p.m. at the Charleston Area Senior Center, 710 Sixth Street, Charleston, and Oct. 30, at 7 p.m. at the Effingham Senior Center, 209 S. Merchant, Effingham.

These workshops will provide an opportunity for adult children and aged parents to interact to resolve problems and concerns associated with an aging parent who needs supportive help, according to Dr. Joyce Crouse, Project Director.

Attention will focus on identifying problems and clarifying values, beliefs, and attitudes about growing older; learning appropriate coping and communication skills; developing techniques for stress management; and identifying appropriate community resources. Workshop leaders include Dr. Crouse, Dr. Robert Saltmarsh and Mrs. Betty Marzano.

Adult children, aged parents and interested organizations and individuals are invited to attend. There will be no charge for the workshops.

For further information, contact Dr. Crouse, or Mrs. Betty Marzano, Project Associate, School of Home Economics, Eastern Illinois University, Charleston, by calling (217) 581-6076.