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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

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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 once a week for a total of nine meetings. The workshops will begin March 10 from 2:30 to 4:30 p.m. at the Johns Hill Senior Center, 601 S. Jasper, Decatur, and March 11 from 1 p.m. to 3 p.m. at the First United Methodist Church, 324 W. Court Street, Paris.

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.

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. Joyce 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. Joyce Crouse, Project Director, or Mrs. Betty Marzano, Project Associate, School of Home Economics, Eastern Illinois University, Charleston, Illinois, by calling (217)581-6076, or Dr. Robert Saltmarsh, Dept. of Educational Psychology and Guidance, by calling (217)581-2400.