Empty Nest Workshop

Presented by:
Capt Karen Robert (Mental Health Nurse) and Padre Lesley Fox

November 12, 2019 | 7pm Berlin

“Give the ones you love wings to fly, roots to come back and reasons to stay.”
—The Dalai Lama

Are you an Empty Nester? A person with young adult children and aging parents, and feeling sandwiched in the middle? Need a little support and some tools for coping in the “sandwich generation”? Join this workshop and share in the discussion.

Register
mfse.virtualprograms@cfmws.com