



Cornell University  
Cooperative Extension  
Sullivan County

Caregiver Resource Center of Sullivan County  
64 Ferndale-Loomis Road  
Liberty, NY 12754  
(845) 292-5250  
Contact Bonnie Lewis, RN/ Program Coordinator



## PRESS RELEASE

July 20, 2009 RELEASE

### Conflict and Caregiving: “How to Deal with the ‘C’ Word”

Liberty, New York

Caring for a loved one got you stressed? Do you feel frustrated every time you try and communicate? Feeling like the conflict is overwhelming and you never seem to be on the same page? If you answered yes to any of these questions, the Dispute Resolution Center and Caregiver Resource Center may have just what you need!

The Caregiver Resource Center is partnering with the Dispute Resolution Center to bring you a workshop you won't want to miss. From **6:30- 8:30pm on Wednesday September 9 and Thursday September 17** we will offer this exciting two-part series. Caregivers will look at the roots of conflict and determine how they may affect clear, effective communication with others. Using interactive discussion and exercises, we will provide caregivers with an opportunity to explore effective, alternative options to managing conflict, with a focus on elder issues. **Please R.S.V.P. at 292-5250.** Both classes are free with light refreshments, supported through a grant from the NYS Office for the Aging. Handout materials will be distributed.

Cornell Cooperative Extension of Sullivan County is located at 64 Ferndale-Loomis Road, Liberty.

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*\*Editor: Please include the Estate Planning Workshop Series in your ‘calendar of events’ list.*

#### **Calendar Listing**

WHO: Dispute Resolution Center and Caregiver Resource Center of Sullivan County

TOPIC: **Conflict and Caregiving: “How to Deal with the ‘C’ Word”**

WHAT: A two-part series that helps caregivers look at the roots of conflict and determine how they may affect clear, effective communication with others. Using interactive discussion and exercises, caregivers will have an opportunity to explore effective, alternative options to managing conflict, with a focus on elder issues.

WHERE: Cornell Cooperative Extension of Sullivan County, 64 Ferndale-Loomis Road, Liberty

RSVP: (845) 292-5250 ask for Linda by Monday, September 7

WHEN: Wednesday September 9 and Thursday September 17 from 6:30- 8:30pm