

# New England Family Institute

125 Presumpscot Street  
Portland, Maine

## FiT: Families in Transition

A group for caregivers

**Are you the caregiver for someone who is no longer able to care for himself or herself?**

**Are you facing the prospect of transitioning a loved one into a care facility (nursing home, assisted living residence, retirement community, adult continuing care facility)?**

**Are you adjusting to a loved one's recent move into a facility?**

Having a loved one who has lost the ability to live independently brings both challenges and opportunities. The New England Family Institute invites you to participate in a supportive discussion group to share:

- Feelings regarding your loved one's changing circumstances and how they will affect you
- Present concerns
- Challenges overcome
- Knowledge gained
- Hope for yourself, your family, and your loved one

**You will leave this group with new coping skills, information and insight, and a stronger sense of community.**

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### FiT Families Group Details

- **Start Date:** Friday, February 18, 2011
  - **Length:** 8 Fridays
  - **Time:** 10-11 AM
  - **Cost:** \$10 per Friday
  - **Place:** The New England Family Institute  
125 Presumpscot Street  
(Just off Washington Avenue, in back of the Bureau of Motor Vehicles)
  - **Contact:** Call 871-1000 extension 32 with questions or to sign up
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