



ROCKY MOUNTAIN NEUROBEHAVIORAL ASSOCIATES PRESENTS

COUNSELING FOR FAMILY CAREGIVERS/CARE PARTNERS

Caring for someone with a progressive illness or a dementia can impact physical health, mental well-being, relationships and sense of self. Family members can experience a range of feelings including sadness, grief, isolation, self-doubt, confusion, anger, stress, and anxiety. This therapy will explore:

- Managing stress, fear, worry and sadness, anxiety, guilt or depression
 - Navigating changes in relationships, roles and expectations
 - Recognizing and Accepting your limitations
 - Nurturing your own needs
 - Reconnecting with who and what you value most
 - Accessing appropriate support and resources
 - Focusing on moving forward with resilience

This individual therapy is designed for family members caring for someone with a chronic or progressive diagnosis at any stage. For more information or to schedule an appointment, contact Mary O'Hara, LCSW:

maryohara@mountainneuro.com or (720) 907.0420

Mary O'Hara, LCSW is a Licensed Clinical Social Worker with over 10 years of experience working with families caring for someone with chronic or progressive illness. Her practice is dedicated to helping families cope with the changes that the diagnosis presents, as well as accessing the most appropriate support, resources and care.

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