



Health & Illness in the Family

Saturday, November 10, 2007

Helping your Family: Coping with Doctor Visits, Illness, and Death

Learn different ways to help your family increase their understanding and lessen their fear of routine doctor visits, medications, hospitalizations, treatments, and recovery processes. This class will focus on how children at different developmental levels understand illness and death, which can be great stressors for families, but can also provide an opportunity for strengthening communication and relationships, especially with children.

Learn how to help your child:

- Understand what will happen at the doctor's office
- Reduce anxiety about injections and medications
- Cope with hospitalization
- Feel safe when an adult in their life becomes ill
- Cope with dying and death



Class Size: Maximum of 20 adults

When: Saturday, November 10, 2007 from 1:30-4:30pm

Where: Campbell Community Center, Board Room E-42

Cost: FOFV Members: \$30 per person or \$50 per couple;
Non-members: \$40 per person or \$70 per couple.

Instructor:

Michelle Charters, MA, CCLS is a Certified Child Life Specialist at two premier pediatric medical facilities in the Bay Area. Her studies in child development, play, stress and coping, and family systems provide the background for her work. Michelle uses her skills to reduce stress and anxiety for children and families in the healthcare setting. She works to promote optimum growth and development for hospitalized children by providing therapeutic play, distraction, and age-appropriate preparation and support for procedures including surgery and chemotherapy.

REGISTER ONLINE NOW:

visit <http://www.fofv.org> for more information and to register.

The Foundation of Family Values supports families of all political, religious, sexual preference, economic, and racial categories. The FOFV has no specific religious affiliation. We are a 501(c)(3) tax-exempt, non-profit organization.