

AGING TOGETHER & THE DEMENTIA THEATER PARTNERSHIP OF CENTRAL VIRGINIA, BRING:

LISTENING TOGETHER

AN OPPORTUNITY FOR FAMILY CAREGIVERS TO HEAR AND BE HEARD

THIS IS FOR YOU IF:

- You are at home caregiving for a loved one with a chronic condition like dementia
- You feel you have lost your independence to do the things you love, even if it's just something like reading a book
- You feel lonely, bored, isolated, and filled with anxiety
- You would like to establish connections with other people, especially those with similar stories and frustrations
- You would like to share your feelings & experiences, or get ideas for coping
- You need a little respite from your feeling of confinement
- You just want to listen

STARTING IN MAY

MONDAYS
10:00 - 11:30AM

THURSDAYS
4:00 - 5:30PM

TO REGISTER

Email:
info@agingtogether.org

Request your invitation to the "Listening Together" webinars

THESE WEBINARS ARE FREE

You will receive an invitation by email with a link to the Zoom Webinars on your computer or device.

BOOMIE PEDERSEN

This series will be lead by Boomie Pedersen who has an MFA in Pedagogy and Performance from VCU. She was co-founder of the Hamner Theater and has been Artistic Director since 2005. Boomie has extensive experience in Playback Theatre, Improvisational Theater, as well as having acted, directed, produced and written for theater locally and in Tokyo, New York City and Los Angeles. She has extensive teaching experience with all age groups and is the full-time caregiver for her 87 year-old mother who is living with dementia. She looks forward to meeting you and listening together!

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