



Ruth & Norman Rales  
**Jewish Family Services**  
*Help. Hope. Humanity.*

CENTER FOR FAMILIES & CHILDREN

# Stuck in the Middle

Do you have aging parents and find yourself balancing taking care of yourself, your kids, and your parents?

**The weekly online support group meets  
Tuesdays at 12pm**

Join Zoom Meeting: [Link](#) | Meeting ID: 951 6927 8879 | Passcode: 292942

The program is **FREE** and open to the community.

For additional information, please contact:  
Melissa Alter, MSW, JFS Community Outreach Coordinator  
561.852.3268 | [MelissaA@ralesjfs.org](mailto:MelissaA@ralesjfs.org)



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