



## TLC Services

## Articles Catalog

Title	Description	Author	Date
Making the Most of Your Memory	Myths and facts about memory as we age. Includes guidelines for maximizing your brain capacity.	Lucille Karatzas, LCSW	June, 2019
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Title	Description	Author	Date
The Power of Encouragement	Encouragement is one of the most important aspects of management and supervision. Includes practical examples.	Dr. James A. Deutch, LCSW	July, 2019
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Title	Description	Author	Date
The Family Council	The Family Council is one of the best ways to enjoy spending time with visiting grandchildren. For a more joyful grandparenting experience, read about how to use this helpful tool.	Dr. James A. Deutch, LCSW	July, 2019
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Title	Description	Author	Date
Mental Health	Every year, 46 million Americans deal with mental illness. Only 41% get help. Here's how you can.	Amy Chillag, CNN Health	7-Oct-19
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