



TLC Services

Presentations Catalog  
March - April 2020

**MARCH AND APRIL PRESENTATIONS ARE BEING POSTPONED.**

Title	Description	Facilitators	When	Where
<b>Finding Meaning and Purpose After a Loss</b>	<p><b>After the initial stages of grief, getting back to living your life.</b> When a loss of a loved one occurs, the weeks and months that follow could seem unbearable. After caring for and being with your special someone, it may seem like a part of your life has ended too. There may be feelings of aloneness, emptiness and uselessness with nothing to look forward to. Finding your way back to living your life can be difficult but also possible. Finding meaning and purpose is key to this transition.</p>	<p>Dr. Jim Deutch, Licensed Clinical Social Worker</p>	<p><b>Wednesday, March 11, 2020,</b> 1:30-3:00 pm</p>	<p><b>Village Veranda,</b> 955 South Hwy 27/441, Lady Lake (across from Oakwood Restaurant).</p>

**THIS PRESENTATION WILL NOT BE HELD ON March 11, 2020**

Title	Description	Facilitator	When	Where
<b>I'm Alone... Now What?</b>	<b>First steps forward after the loss of a spouse or partner.</b> After many years of being a parent or part of a couple, adjusting to a new way of life can feel like hitting a brick wall. It's hard to even imagine and to create new habits to survive being alone. This presentation will center on helping you get through the initial stages of grief, decide what you want and even find gratitude in what you have.	Ellen Rainbolt, Licensed Marriage and Family Therapist	<b>Wednesday, March 25, 2020</b> from 1:30-3:00 pm	<b>Harbor Chase Asst. Living Facility, 1477 Huey St., Wildwood (Powell Rd. between 466A and CR 44A)</b>

**THIS PRESENTATION WILL NOT BE HELD ON March 25, 2020**

Title	Description	Facilitator	When	Where
<b>Family Estrangement</b>	When someone you love – a parent, a child, a sibling – no longer wants a relationship with you, it can be emotionally heart-breaking. Feelings of hurt, loss, abandonment, frustration, confusion or even anger can be devastating. This presentation will cover the causes, ways of coping, what can and can't be changed, and possible resolution or acceptance.	Bonnie Antarsh, Licensed Clinical Social Worker and Marsha Grabois, Master of Social Work	<b>Wednesday, April 8, 2020</b> from 1:30-3:00 pm	<b>Village Veranda, 955 South Hwy 27/441, Lady Lake (across from Oakwood Restaurant).</b>

**THIS PRESENTATION WILL NOT BE HELD ON April 8, 2020**

Title	Description	Facilitators	When	Where
<b>Where Did I Put It?</b>	Many people have concerns about changes in memory. This presentation will cover factors that affect memory, help you understand the differences between normal age-related memory changes and dementia and give you some helpful tips on improving your memory.	Lucille Karatzas, Licensed Clinical Social Worker	<b>Wednesday, April 22, 2020, 1:30-3:00 pm</b>	<b>Harbor Chase Asst. Living Facility, 1477 Huey St., Wildwood (Powell Rd. between 466A and CR 44A)</b>
<b>THIS PRESENTATION WILL NOT BE HELD ON April 22, 2020</b>				