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Present

# HEART TO HEART



*Improving Tough Conversations for Families with Aging Relatives  
A Free Seminar Open to the Public*

## STRUGGLING WITH A FAMILY CONVERSATION ABOUT ELDER ISSUES?

- Need your siblings to help out with the care of a parent?
- Concerned about an older relative's driving?
- Wondering if your spouse will object to your parent's moving in?
- Want to speak with your children about advance directives or estate planning?

### LEARN HOW TO:

- Start conversations with greater confidence.
- Use practical tips and strategies for effective communication within and between generations.
- Make real progress toward resolution while preserving relationships.

### PRESENTERS

#### Jeannette Twomey

...is an accomplished trainer in the fields of negotiation, communication, and conflict resolution. She has more than fifteen years of experience mediating difficult family disputes, including elder issues.

#### Sharon Schroer

... is an experienced attorney trained in elder mediation, a conflict coach, and a volunteer long-term care ombudsman.

**FOOD WILL BE PROVIDED  
At 6:30 PM!**

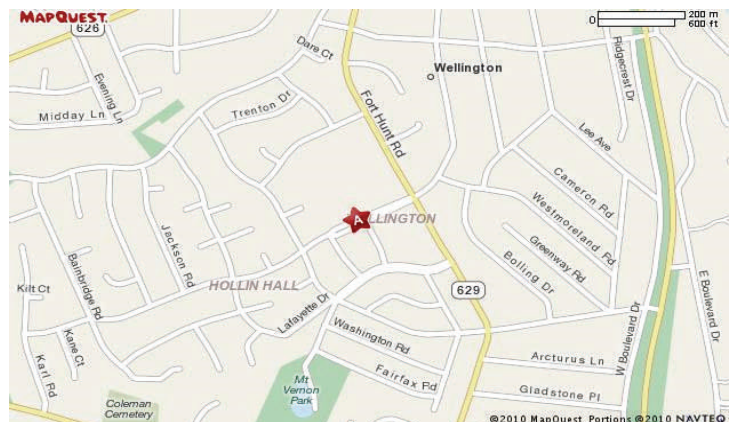
**Date: June 8th, 2010**

**Time: 7:00-9:00 PM**

#### Location Details

Hollin Hall Senior Center  
1500 Shenandoah Road  
Alexandria, VA

Please **RSVP** for this free seminar  
By contacting  
Sally Moreland at  
**(703)-865-7261** or  
[training@nvms.us](mailto:training@nvms.us).



NVMS offers family, workplace, commercial, court and community mediation. In addition, NVMS provides facilitation, restorative justice conferences and training. For more information about these services or other free seminars, please call 703-993-3656 or visit our website at [www.nvms.us](http://www.nvms.us).

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