



NEW AT THE JCCP/CBT

THE SANDWICH CLUB

Are you sandwiched between your parents and children? Do you have stress from trying to take care of your children and parents at the same time?

Are you looking for some support?

Would you like to sit with others to talk/share and strategize how to handle some of these situations?

If you answered yes to any of these, then you are who we are looking for.

Joan Link and Debbie Zeiler are beginning a group called The Sandwich Club. To begin Joan and Debbie will facilitate the sessions. If there is enough interest in our group then we will have occasional guest speakers. This new club is a work in progress and we look forward to your thoughts and comments.

DATES

Sundays from 11:00 am to 12:30 pm on the following days:

1/13, 2/10, 3/10, 4/14

Please note that this is the second Sunday of each month.

Wednesdays from 6:30 pm to 8:00 pm

Please note that this is the second Wednesday of each month.

5/8, 6/12

RSVP to Debbie Zeiler at dibble.one@gmail.com or 201-599-1392