



How to Talk with Your Aging Parents

A 3-Part Workshop Series

Participants in the series will learn and practice practical skills they can use to enhance the quality of communication with parents, so that they and their parents can:

- Share life's joys, dreams, hopes, fears, frustrations and disappointments.
- Plan for the future as parents age – matters like wills and possible care needs that can affect the financial and emotional wellbeing of the entire family.

Workshop 1 Connecting with Your Parents

Wednesday, April 8, 2009

10am –4:30pm

Near Omotesando Station

¥9,000

Deadline for paid registration, April 4

Contact Pam Noda (Sojourn Japan), 0422-49-6404

pamnoda@wta.att.ne.jp

See reverse side/page 2 for more information

The workshop series is a collaboration between TELL (www.tellip.com), Binocular Vision Advisors (www.binocvision.com) and Sojourn Japan. TELL-Tokyo English Life Line—is a registered non-profit community service organization that has provided information and mental health services to the international and Japanese communities for over 35 years.

binocular  vision™
Binocular Vision Advisors, LLC



Sojourn Japan

How to Talk with Your Aging Parents

A 3-part series of interactive workshops for children with parents overseas

Sponsored by TELL with Binocular Vision Advisors & Sojourn Japan

Relationships, in all their myriad and changing forms, are the stuff of life. At different times in our lives different kinds of relationships tug at our hearts. As people reach midlife, relationships with aging parents tend to take center stage. When children and parents want—and need—to connect, old habits can sabotage the most sincere efforts to communicate.

Workshop 1: Connecting with Your Parents

In this experiential, interactive workshop you will:

- Learn and practice the most important skill you can use to get past old habits and begin connecting with your parents.
- Choose the first steps you will take to practice the skills you learn.

You can apply the skills you learn in this workshop to:

- Gain a measure of comfort engaging parents in sharing with you the joys, dreams, hopes, fears, frustrations and disappointments of everyday life.
- Prepare your relationship to enable you and your parents to engage in conversations about plans for their future as they age.

Dates Wednesdays, 4/8/09 **Time** 10am-4:30pm **Location** Near Omotesando Station

Tuition ¥9,000/workshop (¥22,950 for the series if prepaid—a 15% discount for all 3 workshops). Paid reservations must be received no later than end of workday 4/3/09.

To Register Contact Pam Noda, 0422-49-6404, pamnoda@wta.att.ne.jp

Workshops in the Series (Participation in previous workshops in the series is pre-requisite.)

Workshop 2: Exploring What Our Lives Have Meant (May 13, 2009) Learn why your parents need to reminisce and how you can help them explore what their lives have meant.

Workshop 3: Envisioning the Future (October 21, 2009) Learn why your parents need to hang onto control and how you can help them take effective control of planning for the future they want to experience as they grow older.

Workshop Leaders

Through programs for groups and consultation with individuals, **Marcia Johnson** works with families, empowering them to cope with long distance caregiving, and with corporations, to support productivity by helping workers address parent care challenges. She launched **Binocular Vision Advisors, LLC**, (www.binocvision.com) to help families connect with eldercare services they and their parents need.

Pam Noda is a relationship coach who supports people in creating authentic, joyful relationships with themselves and others. As a certified facilitator of Speaking Circles®, Pam teaches the art of inviting connection through “relational presence”. Pam is the founder of **Sojourn Japan**, through which she offers individual, relationship, and executive coaching for expatriates with a focus on bicultural families and relationships.