



FAMILY SERVICE ASSOCIATION
OF TORONTO

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A United Way Member Agency

FOR IMMEDIATE RELEASE

**Support Available for Seniors as
Ontario Government declares June Seniors Month**

June 11, 2002 – The Ontario Government has declared June as Seniors Month. Through its Seniors and Caregivers Support Services, the Family Service Association of Toronto (FSA) has long played a role in providing support and services for both senior citizens and their caregivers.

“Growing older isn’t easy. Seniors often have to cope with difficult medical conditions, the devastating loss of a partner or a close friend, a feeling of financial insecurity and much more. We work with our clients to manage these transitions in their lives,” says Lisa Manuel, Manager of Senior and Caregiver Support Services.

The Family Service Association’s highly trained and experienced counsellors provide one-on-one counselling services as well as showing seniors how to use other important community services, such as day programs and meals-on-wheels.

FSA’s Seniors and Caregivers Support Services also provides counselling and support groups to caregivers where they can learn to deal with their stress, anger and guilt. Caregivers learn important communication techniques and strategies for coping with burnout.

“Being a caregiver to a senior is real challenge. We offer support through knowledge and coping skills,” says Manuel.

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For more information about Family Service Association of Toronto, or to arrange an interview with the agency's experts on seniors issues, contact Karen Luttrell, Communications Manager at (416) 595-9230 Ext. 225.

Family Service Association of Toronto is a leading nonprofit social service provider and a United Way member agency. For more than 80 years, the association has been helping families and individuals in the greater Toronto area through counseling and community development programs. More information about Family Service Association of Toronto is available at www.fsatoronto.com.