



Home for a Lifetime!

Are you 55+ years and...

**Overwhelmed with
caregiving your parent?**

□

**Feeling lost after the loss of
a spouse, partner,
friend, or child?**

□

**Losing your health
and Independence
and feeling blue?**

□

**Upset with facing
a move to assisted living?**

□

**Upset with not
being able to drive?**

□

Need to talk?

“CALL MARJORIE”



Marjorie is a seasoned
mental health professional
at **Jewish Family Service
of St. Paul,**
your neighborhood
social service agency.
She will help you find the
services that you need.

For a free,
confidential conversation

CALL MARJORIE

Marjorie Sigel, MSW, LICSW
Licensed Independent
Clinical Social Worker

651-690-8907

(confidential voicemail)

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