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FOR IMMEDIATE RELEASE

Local author Shirley Riga to appear at Millis Library

MILLIS –Shirley Riga will read from her new book, *Tools for the Exceptional Parent of a Chronically-Ill Child* on Tuesday, July 19 from 6:30-7:30 pm. in the Roche Bros. Community Room at the Millis Public Library, 961 Main St., Millis.

When asked why she wrote it, Riga said, “Parents are living on thread-bare emotions as they try to keep their family and marriage functioning while coping with their child’s palliative care. Caregivers need help too.” In the book, Riga shares her journey for emotional survival after her daughter was born with two liver diseases. Social workers have said this is a ‘must read for any parent coping with their child's serious illness.’ Parents have said Riga’s ‘courage and openness in the face of these challenges is contagious, and her hard won advice will help other parents cope with similar difficulties.’

“The tools in the book are emotional help-aids, more than what insurance company to call,” Riga said. “It’s the book I felt I needed when I was facing all my challenges. I wanted help in maintaining my sanity, not have someone cheer me on.”

The program is free and open to the public. Books will be available for purchase and signing.

Riga is a Certified Psychosynthesis Counselor, a hospice singer and facilitator for Feel the Fear and Do It Anyway® workshops in the Boston area. She has been running support groups for parents and caregivers since 1993. Currently, her Metrowest Parents

and Caregivers Support Group meets on the last Wednesday of the month at the Millis Library.

For more information, call the library at 508-376-8282.