

Kaye

Self-Help Support Groups For Older Women

Rebuilding Elder Networks Through Personal Empowerment

This work is based upon a research study whose purpose was to collect new information about the special benefits and drawbacks of formal organizations' efforts at social network building for older women. In it, a two-tiered investigation was carried out: a national review of a select group of model self-help support programmes for older women throughout the United States; and an in-depth community case study of a nationally recognized model program of self-help support groups, leadership training, networking and community outreach/education for older women. It provides the research-oriented reader with scientific evidence to assess the relative efficacy of self-help group programming.



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107,90 €

100,84 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781560324614

Medium: Buch

ISBN: 978-1-56032-461-4

Verlag: Taylor & Francis

Erscheinungstermin: 01.08.1997

Sprache(n): Englisch

Auflage: 1. Auflage 1997

Produktform: Gebunden

Gewicht: 385 g

Seiten: 170

Format (B x H): 152 x 229 mm



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Kundenservice Fachmedien Otto Schmidt

Neumannstraße 10, 40235 Düsseldorf | kundenservice@fachmedien.de | 0800 000-1637 (Inland)

23.07.2024 | 15:22 Uhr

