



# CARING FOR CAREGIVERS

## May - November 2019 workshop list

### **Communication and Caregiving – May**

1527 Victoria Park Ave – Tuesday, May 14; 1 - 3 p.m.

355 Church St – Tuesday, May 21; 5:30 - 7:30 p.m.

128A Sterling Rd – Wednesday, May 29; 10:30 a.m. - 12:30 p.m.

### **Medication Management – June**

1527 Victoria Park Ave – Tuesday, June 11; 1 - 3 p.m.

355 Church St – Tuesday, June 18; 5:30 - 7:30 p.m.

128A Sterling Rd – Wednesday, June 26; 10:30 a.m. - 12:30 p.m.

### **Where to Find Resources in My Community? – July**

1527 Victoria Park Ave – Tuesday, July 9; 1 - 3 p.m.

355 Church St – Tuesday, July 16; 5:30 - 7:30 p.m.

128A Sterling Rd – Wednesday, July 24; 10:30 a.m. - 12:30 p.m.

### **Preventing Crisis as a Caregiver – August**

1527 Victoria Park Ave – Tuesday, August 13; 1 - 3 p.m.

355 Church St – Tuesday, August 20; 5:30 - 7:30 p.m.

128A Sterling Rd – Wednesday, August 28; 10:30 a.m. - 12:30 p.m.

### **Making the Health Care System Work for You – September**

1527 Victoria Park Ave – Tuesday, September 9; 1 - 3 p.m.

355 Church St – Tuesday, September 17; 5:30 - 7:30 p.m.

128A Sterling Rd – Wednesday, September 25; 10:30 a.m. - 12:30 p.m.

### **Sharing is Caregiving – October**

1527 Victoria Park Ave – Tuesday, October 8; 1 - 3 p.m.

355 Church St – Tuesday, October 15; 5:30 - 7:30 p.m.

128A Sterling Rd – Wednesday, October 23; 10:30 a.m. - 12:30 p.m.

### **Coping with Caregiving Changes – November**

1527 Victoria Park Ave – Tuesday, November 12; 1 - 3 p.m.

355 Church St – Tuesday, November 19; 5:30 - 7:30 p.m.

128A Sterling Rd – Wednesday, November 27; 10:30 a.m. - 12:30 p.m.

## **REGISTRATION**

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