

Building Better Caregivers

**JANUARY-FEBRUARY
2025
6-WEEK WORKSHOP
(FREE)**

Who is Taking Care of You? Learn How to be Your Best Self

This workshop is for anyone providing care to another human (a parent taking care of a disabled child, spouse supporting spouse, adult child taking care of an aging parent, or any person providing care to another adult).

THIS WORKSHOP IS ONLY FOR CAREGIVERS

Topics Covered During the Workshop:

- Caregiver Stress
- Dealing With Difficult Care Partner Behaviors
- Getting Help
- Making Decisions About Treatment, Housing, etc.
- Communicating Effectively With Family, Friends, and Health Professionals
- Dealing With Caregiver And Care Partner Difficult Emotions
- Planning For Future Needs
- Legal Issues Related To Caregiving
- Action Planning and Problem Solving

Class size is limited.

To pre-register call, 301-609-6932
or click this link to complete form:

<https://forms.gle/uySBK9SG6LfGMBHSA>

**Thursdays
10:00 AM - 12:30 PM**

Class #1: January 16

Class #2: January 23

Class #3: January 30

Class #4: February 6

Class #5: February 13

Class #6: February 20

Class Location:

Charles County Dept. of Health
4545 Crain Hwy, White Plains MD