



Building Better Caregivers

A six-week workshop for people who are caregiving for a loved one

You will learn how to:

- ✓ Reduce stress for caregiver and care partner
- ✓ Improve health using self-care methods
- ✓ Manage difficult care partner behaviors
- ✓ Plan for the future
- ✓ Find information and resources
- ✓ Increase communication skills



Acceptance is another skill I've learned to practice as a caregiver. There will be many things beyond our control. How we react makes the difference - Former Participant



Virtual

offered at no cost



DATES

Thursday
June 20th– July 25th



TIME

1:00 TO 3:30 PM



PLACE

Virtual by Zoom



CENTRALINA
Area Agency on Aging

All participants are welcome, respected, and valued. Please contact us to request accommodations.

Call 704 -348-2729 for more information