



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



In Person

offered at no cost



DATES

Thursday
Oct 2nd – Nov 6th



TIME

1 pm to 3:30 PM



PLACE

Trinity Living Center, 1416
Martin Luther King Jr
Ave. S., Salisbury, NC 28144



CENTRALINA
Area Agency on Aging

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

Call 704 -216-7704 for more information