

CareGiver Support Group

March 7 & 21, 2024: **"Grieving & Self-Care"**

Harlingen Senior Center
1:00pm-2:00pm
509 S. Expr 83
Harlingen, TX, 78550

March 14, 2024:

"Caregiver's Hope"

Harlingen Senior Center
1:00pm-2:00pm
509 S. Expr 83
Harlingen, TX, 78550

March 21, 2024:

Valley View Memory Care

10:00am-11:00am
900 Camelot Dr.
Harlingen, TX, 78550

March 17, 2024:

"You are Not Alone"

Sun Valley Rehab (Dementia)
11:00am-12:00pm
2902 S 77 Sunshine
Harlingen, TX, 78550

Call in to our telephone conferences from wherever you are. Learn the latest tips on caregiving, and ask questions to the experts and other caregivers. 866-390-6490

March 5, 2024 : Ask Dr. Tam Questions with Tam Cummings, PhD 1pm central

March 7, 2024: Alzheimer's and Other Dementias: How to Prevent Them with Paul Bendheim, 10am central

March 14, 2024: Toileting, Incontinence and Dementia 10am central

March 19, 2024: Dementia vs. Alzheimer's – Discerning the Difference 10am central

March 26, 2024: "Beyond Burnout: Nurturing Resilience in Caregiving" 11am central



Free and Bilingual programs designed to educate and empower Family Caregivers--Give us a call.
956-406-6302



CareGiver Support Groups

- Caregiver Topics
- Practical Advice
- Emotional Support
- Social Connections
- Understanding & Acceptance
- Resources & Referrals
- Available in Spanish



CAREGIVER
STRESS-BUSTING
PROGRAMS

Are you experiencing Caregiver Stress? We can help!

Stress Busting is an evidence based program that helps Family Caregivers learn Stress Coping Skills and Relaxation Techniques.
(Available in English and Spanish)

Interested?

Call:

May A Bryan

For more information.

956-406-6302



Are you a learner?
(¿Te gusta aprender?)

Caregiver Teleconnection is available 24/7 for caregivers needing information.
You can get on the website and listen to all the recorded sessions at your convenience.

www.caregiverteleconnection.org

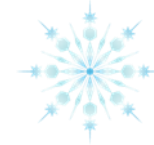
(Este sitio web tiene
Teleconferencias en español)

If you would like to participate in the live
Teleconnection events, register at

866-390-6491

Si desea participar en los eventos de
Teleconnection en vivo,
registrarse llamando.

866-390-6490



Programs Partially funded by:

