



**Free and Bilingual programs designed to educate and empower Family Caregivers--Give us a call. 956-505-0437**

Programs Partially funded by:



## CareGivers Support Group

**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**

**April 8 & 22, 2024:**

**"Alzheimer's/Dementia"**  
10:00am-11:00am  
Winter Haven Resort  
3501 Old Port Isabel Rd  
Brownsville, TX 78526

**April 2 & 16, 2024:**

**"Grupo de Apoyo para Cuidadores"**  
10:00 a.m. to 11:00 a.m.  
Centro Cultural  
2100 Gregory Ave  
Brownsville, TX 78526

**April 9, 2024:**

**"Alzheimer's/Dementia"**  
6:00 p.m. to 7:00 p.m.  
Valley Regional Medical Center  
100 E. Alton Gloor Blvd.  
Brownsville, TX 78526

**April 10, 2024:**

**"Grief and Self Care"**  
6:00 p.m. to 7:00 p.m.  
Sunshine Haven, Inc.  
7105 W. Lakeside Blvd.  
Olmito, TX 78575

**April 2, 2024:**

Navegando la experiencia de ser un cuidador.  
**1:00 p.m. Central**

**April 10, 2024:**

Current Issues in Long Term Care: What Caregivers Need to Know  
**10:00 p.m. Central**

**April 18, 2024 :**

Trauma and Self Esteem  
**12:00 p.m. Central**

**April 23, 2024 :**

Are you a "Control Freak" Caregiver?  
**11:00 a.m. Central**

**April 24, 2024 :**

Empowering Care Partners: Tips, Tools and Take Aways Supporting those caring for someone living with Parkinson Disease  
**10:00 a.m. Central**

**April 30, 2024 :**

Unique Tips for Family Caregivers That Will Amaze You  
**10:00 a.m. Central**

Caregiver's  
SUPPORT GROUP

CAREGIVER  
STRESS-BUSTING  
PROGRAMS

CAREGIVER  
TELECONNECTION

Caregiver Topics  
Practical Advice  
Emotional Support  
Social Connections  
Understanding & Acceptance  
Resources & Referrals

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)

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](http://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

Be strong because things will get better. It may be stormy now, but it never rains forever.

(Unknown)

Interested?  
Call:  
**Dorí Moody**  
for more information.  
**(956)505-0437**