



Caregiver

Support Groups:

1st Tuesday 2-3pm April 7th, 2026

Care and Share

@ Cross Roads Senior Center
1301 E. Fern Ave. C-1 McAllen

2^o Martes 2-3 pm April 14th, 2026

Fortaleza de Cuidadores

Cross Roads Centro de Actividades
1301 E. Fern Ave. C-1 McAllen

2nd Wednesday 2-3 pm April 15th, 2026

Memory Keepers

@ The Bridges at Mission
1201 St. Claire. Mission

Last Wednesday 4-5 pm April 29th, 2026

The Caring Path: A dementia Caregiver Support Group

Virtual Support Group:

<https://us06web.zoom.us/j/86869529113?pwd=x4FYgh7uRhZGfT3MaCcci5Ge26apbf.1>

Meeting ID: 868 6952 9113

Passcode: 635170

Learn the latest tips on caregiving and ask questions to the experts and other caregivers. 1-866-390-6491

April 7th 2026: Supporting Independence & Dignity: Managing Self-Care in Dementia
12:00 pm ct.

April 9th 2026: Truth, Lies, and Compassion: Ethical Communication in Dementia Care
10:00 am c

April 14th 2026: Comunicarse de manera efectiva on Maxine P. Vieyra, Alzheimer's Association
11:00 am c

April 21st 2026: Managing Family Conflict About End-of-Life Decisions . 12:00 pm c

April 22nd 2026: La presentación explica el síndrome vespertino . 10:00 am c

April 29th 2026: Caregiving Without a Roadmap: Insights for Cancer Caregivers.
12:00 pm

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

956-662-6384

Programas gratuitos y bilingües diseñados para educar
y empoderar a los cuidadores familiares: llámenos.

956-662-6384



Caregiver Support Group

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

- Consejos prácticos
- Temas para cuidadores
- Apoyo emocional
- Conexiones sociales
- Comprensión y aceptación
- Recursos y referencias
- Disponible en Inglés

Cuidar a un ser querido con demencia es un acto de amor que florece en los momentos silenciosos-la paciencia se vuelve fuerza y la compasión luz.

-M. Reyes

Caring for someone with dementia is act of love that grows in the quiet moments-patience becomes strength, and compassion becomes light.

-M. Reyes



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)

“Stress Busting” es un programa basado en evidencia que ayuda a los cuidadores familiares a aprender habilidades para afrontar el estrés y técnicas de relajación.

(Disponible en inglés y español)

Interested?

Call:

Vero Maillard

For more information:

956-662-6384



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

If you would like to participate in the live Teleconnection events, register at 866-390-6491

Si desea participar en los eventos de Telecomunicaciones en vivo, registrarse llamando al: 866-390-6491

Programs Partially funded by:

