

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 20, 2026:

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

April 7, 2026: Supporting Independence & Dignity:
Managing Self-Care in Dementia
12:00 p.m. Central

April 9 & 23, 2026:

"Grupo de Apoyo para Cuidadores"
11:00 a.m. - 12:00 p.m.
Brownsville Senior Center
26 S. Coria St.
Brownsville, TX 78521

April 9, 2026: Truth, Lies and Compassion: Ethical
Communication in Dementia Care
11:00 p.m. Central

April 16, 2026:

"Memory Cafe"
11:00am-12:00pm
Brownsville Senior Center
26 S. Coria St.
Brownsville, TX 78521

April 14, 2026 : Comunicarse de manera efectiva
11:00 a.m. Central

April 14 & 28, 2026:

"Alzheimer's/Dementia"
10:00 a.m. to 11:00 a.m.
Laguna Vista Public Library
1300 Palm Blvd
Laguna Vista, TX 78578

April 21, 2026 : Managing Family Conflict About End-of-
Life Decisions
11:00 a.m. Central

April 22, 2026 : La presentacion explica el sindrome
vespertino
10:00 a.m. Central

April 28, 2026 : Caregiving without a Road Map:
Insights for Cancer Caregivers
1:00 p.m. Central

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

Programs Partially funded by:



WELLMED
CHARITABLE FOUNDATION

Caregiver's
SUPPORT GROUP



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)

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

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



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