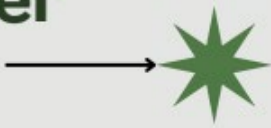


Caregiver Support Groups



JOIN A MONTHLY SUPPORT GROUP

Connections-Support-Understanding

APRIL 8, 2026
2 - 3 PM

Harlingen Group
Harlingen Senior Center
509 S. Expwy 83 B1
Harlingen, TX

APRIL 15, 2026
11 - 12 PM

Rio Hondo Group
Rio Hondo Senior Center
121 N. Arroyo Blvd
Rio Hondo, TX

APRIL 29, 2026
4 - 5 PM

100% VIRTUAL
4pm central
ASK MAY BRYAN FOR DETAILS

APRIL 18, 2026
11 - 12 PM

Let the Sunshine In
Sun Valley Memory Care
2902 S. 77 Sunshine Strip
Harlingen, TX

APRIL 28, 2026
3 - 4 PM

The "Art" of Sharing
Harlingen Senior Center
509 S. Expwy 83 B1
Harlingen, TX

April 2026

Supporting seniors and family caregivers

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



April 7, 2026: Supporting Independence & Dignity: Managing Self-Care in Dementia 12pm CST

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

April 14, 2026: Comunicarse de manera efectiva 11am CST

April 21, 2026: Managing Family Conflict About End-of-Life Decisions 12pm CST

April 22, 2026: La presentación explica el síndrome vespertino 10am CST

April 28, 2026: Caregiving Without a Roadmap: Insights for Cancer Caregivers 1pm CST

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.
[.caregiverteleconnectwwwion.org](https://www.caregiverteleconnectwwwion.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. 866-390-6491



WELLMED
CHARITABLE FOUNDATION



Caring for someone 60
& over?
Caregiver SOS is here for
YOU

“support for caregivers every step of the
way”

CAREGIVER SOS



CAREGIVER SUPPORT SPECIALIST

MAY BRYAN
956-406-6302

Caregiver SOS provides the
support, guidance and
information you need during your
journey

**YOUR CAREGIVER SUPPORT
SPECIALIST WILL:**

- Listen without judgement
- Provides emotional support
- Helps you understand dementia & chronic conditions
- Offers one-on-one guidance
- Connects you to resources
- Encourages self-care
- Facilitates support groups

Call your specialist TODAY!



**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

Special Presentations

Dementia Presentation Series

Healthy Living for Your Brain

10-11 AM

Harlingen Senior Activity Center

509 S. Expy 83 B1

Harlingen TX, 78550

In-Person Teleconnection

**Managing Family Conflict About
End-of-Life Decisions with Barry
J. Jacobs, PsyD**

12pm-1pm CST

Harlingen Senior Activity Center

509 S. Expy 83 B1

Harlingen TX, 78550

*“Incredible change happens in your life
when you decide to take control of
what you have power over instead of
craving control over what you don’t.” -
Steve Maraboli*



Partially funded by: