

# CARING for YOU, CARING for ME



## Education and Support for Family and Professional Caregivers



This 10-hour workshop addresses the needs of family and professional caregivers by bringing them together in a relaxed setting to discuss common issues, share ideas, and gain a better understanding of each other's perspective on what it means to be a caregiver. The goals are for caregivers to have the opportunity to:

- ◆ Gain information on various topics related to caregiving
- ◆ Learn ways of coping with the stresses and strains of being a caregiver
- ◆ Obtain information about local, regional and national resources
- ◆ Discover ways of working together to reduce frustrations and barriers in the caregiving experience
- ◆ Share common concerns and issues



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