

Caring for the Caregiver: Recognizing Stress & When to Seek Help



A caregiver is anyone who provides support—physical, emotional, or practical—to someone in need, whether it's a family member, friend, or neighbor. While caregiving can be deeply rewarding, it's important to prioritize your own well-being along the way. Join us for an uplifting presentation on recognizing caregiver stress and knowing when to ask for help. Discover positive strategies to maintain balance, prevent burnout, and access resources that can enhance your caregiving experience. This session is designed to help you thrive in your role while continuing to provide the compassionate care your loved ones need.



Presenter: Sue Coyle,
Aging Life Care Manager

February 26
11am-12pm
Free Webinar

Register Here