



# Caregiver Workshop

## Hope and help for those who care for others

Are you one of the millions of people who has become a caregiver to a loved one? Are you overwhelmed and stressed?

Deidre Edwards has designed this workshop for **you**. She gives the inside story of how to give care and survive the emotional ups and downs that face caregivers every day.

An accomplished teacher, and one who has walked this path, Deidre knows how to ease the pain and flatten the learning curves in an easy to understand style.

Gain hands-on experience, learn how to prepare for the future, develop strategies for your own health and well-being, and leave the workshop with tools in your hands that will lighten your load to help you on one of life's most challenging - yet blessed jobs – that of being a caregiver to a loved one.



### Workshop Presentation

#### Covering:

- Stress reduction practice
- Insider tips, hints, and shortcuts
- Caring for the caregiver
- Demonstrations of basic caregiving skills and techniques
- Question and answer time

#### Handouts include:

Talking points for “The Conversation”

Business Side of Dying Checklist

Skills sheets to follow at home

1 - copy of autographed *Toolkit for Caregivers* by Deidre Edwards

**Friday, January 24, 2020** 9:30 – noon

- Or -

**Saturday, February 15, 2020** 9:30 – noon

- Or -

**Thursday, March 26, 2020** 6- 8:30 PM

To register, contact:

Adult Enrichment Program – Craven Community College

<https://cravencc.edu/aep/health-wellness/#care>