



## Building Better Caregivers

### A six-week workshop for people who are caregiving for a loved one

You will learn how to:

- ✓ Reduce stress for caregiver and care partner
- ✓ Improve health using self-care methods
- ✓ Manage difficult care partner behaviors
- ✓ Plan for the future
- ✓ Find information and resources
- ✓ Increase communication skills



*Acceptance is another skill I've learned to practice as a caregiver. There will be many things beyond our control. How we react makes the difference - Former Participant*



#### Virtual

offered at no cost



#### DATES

Thursday

March 6th – April 10th



#### TIME

9:30am - Noon



#### PLACE

Trinity Living Center

1416 Martin Luther King Jr Ave. S  
Salisbury, NC 28144



**CENTRALINA**  
Area Agency on Aging

*All participants are welcome, respected, and valued. Please contact us to request accommodations.*

**Call 704 -216-7704 for more information**