

FINDING

HOPE



HUMOR



HEART

&



IN CAREGIVING

June 4 through July 9, 2020

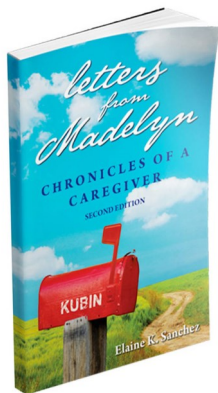
Virtual Caregiver Webinar

Every Thursday for 6 weeks, 11am—12:30pm

Presented by Elaine K. Sanchez

Author, Speaker & Co-Founder of CaregiverHelp.com

FREE



An inspiring and informative virtual series featuring real-life stories and strategies for coping with the emotional stress of caregiving. You will come away with strategies that will help you:

- Cope with Caregiver Anger and Guilt
- Deal with Caregiver Depression and Grief
- Understand and Respond to Dementia-Related Challenging Behaviors, Including Surprising and Inappropriate Sexual Behavior
- Strategies for Caregiver Survival

Elaine K. Sanchez is the author of the unflinchingly honest and hilariously funny book, *Letters from Madelyn, Chronicles of a Caregiver*, filled with stories that will touch your heart and tickle your funny bone and discover mental and spiritual growth even in the very worst of end-of-life situations.

To register go to <https://form.jotform.com/201395860686162>. After registering a Zoom address will be emailed to you so be sure to include your email address when registering.

Elaine K. Sanchez

