

CARES

Caregiver
Support
Series



Thursdays
January 19 - March 23
6:30pm - 7:30pm

Communication and coping
Awareness and advocacy
Response and resilience
Emotions and encouragement
Support and solutions

January 19	Safety planning - Stay safe: Learn more about environment clearing, safety planning, hospital passport, 911 and COAST.
January 26	Coping skills - Learn more about what coping skills are and how they may be helpful for you.
February 2	Functional communication - Learn more about receptive understanding and how to promote functional communication with the use of visuals/gestures.
February 9	Setting boundaries - Setting boundaries can be difficult, join us to learn more about how to set boundaries and hear others' experiences on effective boundary setting.
February 16	Delivering effective requests, offering choice and avoiding power struggles - Learn how to deliver effective requests, how to use reinforcement effectively, how to use first/then boards, and provide choices.
February 23	Mindfulness - Join us to learn what mindfulness is and how to be more mindful.
March 2	How to create a schedule/adding structure - Learn how to implement a daily schedule to assist with adding structure to your life.
March 9	Gratitude - Focusing on the positive things in our lives may be helpful for getting through the days. Join us to learn more.
March 16	Assertive communication: How to say no - Why is saying no so difficult? We have some strategies that may help.
March 23	Peer support and recommendations - Join us to share your experiences and hear from others.

This virtual support series will focus on skill building, peer support, strategies for building resilience and self-care, and tips for supporting our loved ones through day-to-day life and challenging experiences. You can expect to interact and engage with other caregivers in a welcoming and supportive environment, and have the opportunity to learn about evidence-based strategies and solutions that may be helpful in coping, advocating, and building awareness. You are welcome to register for as many presentations in the series as you like.

To register:

Please email Kailey Cheropita at kcheropita@bethesdaservices.com

Registration email should include the group name that you would like to register for and your contact information, including name, email and phone number.