

**Catholic Charities Senior & Caregiver Support Services Presents...**

# Caring for the Caregiver

*The Caregiver Journey- Know How to Take Care of You*

*Join us for a one-time workshop designed to help recognize your own needs as you care for others. This is an educational workshop that will leave you with the resources, techniques and action plans to help you on your caregiver journey.*

## ***Dealing with Stress During the Holidays***

**This workshop will focus on how to increase your skills and prepare you for this difficult time of year. Come and engage with likeminded caregivers who will love to share their story and increase their knowledge!**

**Thursday, December 15<sup>th</sup>, 2022**

**1:00pm to 3:00pm**

**Town of Berne  
1360 Helderberg Trail  
Berne NY 12023**

**Please call 518-372-5667 ext. 205 to register by December 12<sup>th</sup>,  
2022**

*Seating is limited*

This program is provided by Catholic Charities Senior & Caregiver Support Services and sponsored by Albany County Department for Aging, New York State Office for the Aging & the Federal Administration on Aging. Contributions are welcome.

