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Caring for You, Caring for Me Overview

Date and Time

Wednesday 10/13/2021 4:00 to 6:00pm

Event URL

<https://www.riversideonline.com/workshop>

Event Region

Peninsula

Event Type

Class - Workshop

RSVP Info

757.298.4110

Event Cost

\$0.00

Event Description

Memory Care Learning Series at Riverside. Caring for You, Caring for Me Overview, Part 1 on Wednesday, October 13 from 4-6 pm and Part 2 on October 20 from 4-6 pm. Addresses the needs of family caregivers through a supportive and interactive group approach. Topics covered include common terms, emotions, self-compassion and self care. This two-part workshop, totaling four hours, is based on a program of the Rosalynn Carter Institute for Caregivers. The workshop is free For more information or to register call 757.298.4110 or visit

<https://www.riversideonline.com/workshop>