



CAREGIVER
Thrive Learn Connect



What are Continuing Conversations?

FREE ONLINE seminars to provide beneficial information and support to caregivers. **Each session is 90 minutes in length.** The first 40 minutes (Webinar format) will inform about specific topics of interest for caregivers. After a short break, those who wish to remain will discuss how the information applies to them, will have the opportunity to personalize their learning, and will be able to remain on for the second 45 minutes.

2021 Schedule – January 19 @ 7:00pm

January Wednesday 19th @ 7:00pm (ET):

Empowering Caregivers With a Voice: You Have a Voice...Use it!

Lorrie Klemons, MSN will explore strategies for navigating through the healthcare system as your loved one's advocate to make sure s/he receives optimal care.

2022 Proposed Topics:

- Challenging Behaviors
- Shared Positive Activities
- Communication with the Care Recipient
- Talking with Your Medical Providers: How to be Heard
- The Long Goodbye (Grief)
- Fostering Independence

How Do I Learn More and Register?

Visit the Caregiver TLC Website at

<https://caregivertlc.org/caregivers.html>

Questions? Contact us at jmontoro@uncc.edu