

FREE EVENT FOR FAMILY & PROFESSIONAL CAREGIVERS

**CARING FOR THE CAREGIVERS
VIRTUAL SUMMIT 2023
JOURNEYING WITH
COURAGE AND INTENTION
MINDSET - PRACTICE - SELF-COMPASSION**



**WEDNESDAY, NOVEMBER 1, 9 AM-12:30 PM EST
THURSDAY, NOVEMBER 2, 9 AM-12:30 PM EST**



WEDNESDAY, NOVEMBER 1

- 9-10 am ET: "Getting to Now - Integrating Mindfulness Practices into Our Lives as Caregivers" with Reinhild Boehme, LISW-S - 1 CEU
- 10:15-11:15 am ET: "Caregiving and Partners: How to Strengthen Your Long-term Relationship Even Under the Strain of Caregiving" with Cheri Timko, LPC - 1 CEU
- 11:30 am-12:30 pm ET: "Empowered and Inspired Caregiving" with JT Hunter, CDP - 1 CEU

THURSDAY, NOVEMBER 2

- 9-10 am ET: "Human First, Helper Second: How to honor your humanity as a caregiver" with Katie Kurtz, MSW/LISW-S - 1 CEUs
- 10:15 am-11:15 pm ET: "How Overcoming the Stressors of Family Caregiving Led to Discovery of My Life Purpose" with Velmarie Albertini, MSW/PhD Sociology/CPC - 1 CEUs
- 11:30 am - 12:30 pm ET - "Evolving into a Self-Compassionate Mindset through Mindfulness Practices" with Kate Usaj, MSSA/LISW-S - 1CEUs



For more information

216-536-7699

www.CourageToCaregivers.org



COURAGE TO CAREGIVERS



We're in the caregiver burnout prevention business.