

FREE EVENT FOR FAMILY & PROFESSIONAL CAREGIVERS

# CARING FOR THE CAREGIVERS VIRTUAL SUMMIT 2022

# GETTING UNSTUCK

## MOVING FROM LANGUISHING TO FLOURISHING

WEDNESDAY, NOVEMBER 16, 9 AM-12:30 PM EST

THURSDAY, NOVEMBER 17, 9 AM-12:30 PM EST



### WEDNESDAY, NOVEMBER 16

- 9-10 am ET: "Grounded Movement: A Practical Approach to Listening to Our Inner Voice" with Tasha Brandt, MSW/LSW - 1 CEU
- 10:15-11:15 am ET: "Because You Matter: Caregiver Health Tips & Tools" with Lana Amawi, CTC - 1 CEU
- 11:30 am-12:30 pm ET: Expressive Arts as a Doorway to Self-Exploration, Gratitude and Joy" with Dr. Kellie Kirksey, PhD - 1 CEU

### THURSDAY, NOVEMBER 17

- 9-10:30 am ET: "The Why and How to Build Your Own Unique Caregiver Resilience Toolkit" with Dr. Mary Rensel, MD FAAN, and Ali Hively - 1.5 CEUs
- 10:45am-12:15 pm ET: "Preventing Caregiver Burnout: Getting UNstuck: Moving From Languishing to Flourishing" with Cathy Varley, Kristi Horner, CFPS, and Jenny Woodworth, MSW/LSW - 1.5 CEUs

REGISTER NOW  
VIA EVENTBRITE

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For more information

216-536-7699

[www.CourageToCaregivers.org](http://www.CourageToCaregivers.org)



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*We're in the caregiver burnout prevention business.*