
LOOKING FOR SUPPORT AS A CAREGIVER?

JOIN OUR 8-WEEK VIRTUAL CAREGIVER PROGRAM!

Are you caring for a loved one and looking for guidance, resources, and support? Our **8-week virtual caregiver program** is designed to help you manage the challenges of caregiving while improving your own well-being.



What You'll Get:

- Expert-led sessions with practical tips and advice
- Support from fellow caregivers in a compassionate online community
- Strategies to manage stress and avoid burnout
- Resources to help you navigate caregiving with confidence

Spaces are limited—Sign up today and get the support you deserve!



When: 8-week program, starting March 30th, 2025

Where: Online (attend from the comfort of your home!)

Cost: \$300 (can be reimbursed through private insurance)