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Date Time Topic A LEADING VOICE FOR CAREGIVERS

Wednesday, March 20th **12:00 pm Eastern**
11:00 am Central
10:00 am Mountain
9:00 am Pacific **The Role that Grief Plays with Cynthia Hazel** *In this talk participants will explore the role that grief plays, it's various manifestations, stages, and purposes. Grief can appear randomly or repeatedly for unpredictable periods of time. As an emotional companion to loss, grief can sometimes be misunderstood for depression, and lead to improper treatment. Everyone will receive suggestions for understanding and honoring the grieving process in themselves and others.*

Tuesday, March 26th **2:00 pm Eastern**
1:00 pm Central
12:00 pm Mountain
11:00 am Pacific **Effective Communication Strategies with Jess Paul Ambiee, LCSW** *This workshop will explore how communication takes place when someone has Alzheimer's. You'll also learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage of the disease.*

Thursday, March 28th **2:00 pm Eastern**
1:00 pm Central
12:00 pm Mountain
11:00 am Pacific **Cómo encontrar recursos para adultos mayores con Sandra Avalos** *Únase a nosotros para aprender maneras de identificar los recursos para las personas mayores en su comunidad. Descubra los servicios disponibles en su área, tales como consejería de beneficios, asistencia legal y otros servicios disponibles para personas mayores y cuidadores de familia.*



A program of the WellMed Charitable Foundation

Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free