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***Greetings from the UNCC research team!***

We are happy to announce the launch of the CaregiverTLC Workshop for community use. To facilitate your use of the workshop we have gathered some pertinent materials you may find helpful to offer the CaregiverTLC workshop in your agency.

This launch kit includes the following: a description of the workshop, history of program with references suitable for use in applying for grants, high resolution logos, sample flyers, email welcome templates, and sample questionnaires for demographics and program evaluation which you may find helpful.

For experienced facilitators who wish to offer facilitator training in the CaregiverTLC Workshop within their agency, we are offering a free 4-hour Master Trainer course on August 17 & 18, 2023 from 1-3p ET. The Master Trainer course will be focused on the training non-mental health professionals in psychoeducational workshops, maintaining fidelity, and other additional training tips.

To register for this training:

<https://us02web.zoom.us/meeting/register/tZArc--gpjMjHtWrXq-ZYv4fCKMazu5otLvV>

As a thank you to all of our facilitators, the Optimal Aging Center is offering a free training in the last 4 modules of the Coping with Caregiving2.0 Suite (CWC2.0) from which CaregiverTLC is derived from. This 6-hour training will cover the remaining 3 modules and review the unmodified social connectedness module. If you attended the Master Training course and would like to add CWC2.0 please plan to attend one additional meeting on October 4 at 1p ET.

To register for this training:

<https://us02web.zoom.us/meeting/register/tZEtdeGsqDIiEtODJ-LVzpnbz8YUBj952ffI>

The website has been updated to the following URLS, please use these to access the materials:

For your caregivers they can access the CaregiverTLC Workshop materials and resources at the following website: <https://www.optimalagingcenter.com/caregiver-tlc/>

Facilitators can access the Facilitator manual, and Workshop PowerPoints from the following website: <https://www.optimalagingcenter.com/caregivertlc-facilitators/>

The findings from our recent research shows that the CaregiverTLC Workshop is an effective method to reduce depressive symptoms and increase self-efficacy in caregivers caring for individuals with a chronic illness including dementia1. We hope this launch kit assist you in bringing this valuable workshop to the caregivers in your area.