

**C A R E G I V E R T L C - T H R I V E, L E A R N, C O N N E C T**

**SUPPORTING FAMILY CAREGIVERS**

Do you provide a broad range of assistance for an adult relative, partner, friend or neighbor with a chronic or disabling condition?



**What is Caregiver TLC?**

The Caregiver TLC Program offers FREE ONLINE support to caregivers providing care to people with memory loss, dementia, or chronic health illness. Caregivers will complete six weekly virtual Zoom sessions led by trained facilitators. This workshop will teach caregivers coping skills to deal with stress, depression, burden and other well-being strategies.



**Is Caregiver TLC For Me?**

* Do you provide care to a person with a chronic illness or memory loss? For example, Do you help your family member:
  + To remember appointments?
  + Get bathed or dressed in the morning?
  + To remember take medications on time
* Could you attend six weekly 2‐hour virtual sessions?
* Would you like to connect with other caregivers near you?
* Do you have a personal email address?

**How Do I Learn More and Register?**

Visit the Caregiver TLC Website at

<caregivertlc.org>

To register Contact: