

**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**

Thank you for your invaluable work as a caregiver. We understand that while caregiving can be rewarding, many caregivers also experience normal challenges and strains. We at [insert organizations name] want you to know that you are not alone, and we are here to help support you in your caregiving journey. As part of our supportive services, we are pleased to offer FREE ONLINE support to caregivers providing care to people with memory loss, dementia, or chronic health illness through the Caregiver TLC Program.

**What is Caregiver TLC?**

The Caregiver TLC Program is an evidence-based online psychoeducational Workshop designed specifically for caregivers. The Workshop consists of six weekly small-group virtual Zoom sessions led by trained facilitators. This Workshop will teach caregivers coping skills to deal with stress, depression, burden, isolation, and other well-being strategies.

**How Do I Register**

If interested in joining one of our currently scheduled Workshop/s please:

Contact [contact name] at [contact email] with the following information:

1. Your Name

2. Your preferred email address

3. Your preferred telephone number (optional)

4. The Workshop you plan to attend (*if multiple*)

**Scheduled Workshops (*example included*)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Workshop** | **Dates** | **Day** | **Time** | **Facilitator** |
| **Workshop 1** | **5/1 to 6/5** | **Monday** | **6:00am to 8:00pm** | **Jennifer Ramsey** |
| **Workshop 2** | **5/4 to 6/8** | **Thursday** | **9:00am to 11:00am** | **Ann Bilbrey** |

**Where Can I Learn More?**

Please visit our website to learn more about the Caregiver TLC program and resources for caregivers:

<https://www.optimalagingcenter.com/caregiver-tlc/>