**A Brief Description of the Caregiver Thrive, Learn, & Connect Workshop**

**Workshop Overview**

Caregiver-TLC is a psychoeducational intervention intended for caregivers of persons with a chronic illness, including memory loss. The Workshop focus on the caregivers and issues they may experience due to their position as a caregiver, such as stress, mood management, resilience and support, self-care, frustration/ anger management, and social connectedness derived from support available via the internet. Consisting of six 90-minute sessions and delivered over a teleconference platform, this Workshop uses a small group format with 6-8 members in each cohort. In addition to the Workshop, educational information and resources are shared via a dedicated website.