

# Building Better Caregivers



## A FREE Workshop for Family Caregivers



This free online workshop is a series of 6 sessions designed to help family caregivers better manage caregiver stress, deal with difficult emotions, plan for the future and other skills. The workshop is highly interactive with lots of opportunity to connect with others online.

*To participate you need:*

- An email address
- An internet or wifi connection
- A laptop, tablet or desktop device with a camera
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**WHEN: Tuesdays March 23,30 April 6,13,20,27  
10:00 a.m.– 12:15 p.m.**

There is no charge for the workshop but you must preregister

**Contact :Ellen Woods (914) 366-3937 or email  
vitality@northwell.edu**



George Latimer, County Executive  
Mae Carpenter, Commissioner  
Department of Senior Programs and Services



*A Vision for All Ages*