

Sponsored by Community and Family Builders, SDOP,



PRECIOUS MEMORIES IS PLEASED TO PRESENT:
Managing Self Care As We Care For Others

**WORKSHOP GIVEN BY
ROSEMARIE PERLA, PSYCHOLOGIST, COACH
AND CONSULTANT**

Saturday, January 27th, 2024
10am - 11am

Online - Registration is required

Register in advance for this meeting:
https://us02web.zoom.us/join/zoom/register/tZctfumqrTgrGNeFMW_mhu1eM2xAcSIG775H

Who Should Attend?

- CareGivers - Alzheimer's and Dementia patients
- Burned Out Parents/grandparents
- Individuals in Helping Professions

**Build a support system with
people who understand.**

As we care for those we love, whether parents, grandparents, teachers, caregivers of ill family members, or friends, self-care to keep ourselves strong is most important for our health.

This workshop will review ways to care for oneself to promote well-being and resilience as challenges arise.

There will be 30 minutes presenting self-care methods based on current research. Then, questions and discussion will follow.