

# Caregiver Series



In this four-week series, explore caregiver resources and learn tips to manage your time and care for yourself, while caring for others. Sessions include:



## Caring for Loved Ones

Discuss caregiver challenges and explore resources available to help with caregiving.



## Owning Your Time as a Caregiver

Learn 10 practical tips to balance caregiving with other responsibilities and lessen stress.



## Coping with Caregiving

Learn ways to overcome caregiver burnout and take care of you, while caring for others.



## A Mindful Approach to Caregiving

Boost compassion for yourself and others through breathing, meditation, and gratitude.

**Thursdays July 11,  
18, 25 and August 1  
from 11am-12pm**

**Click here to  
register today!**



Participation in all 4 classes is encouraged but not required.  
You do not need to be a KP member to participate.