



Free Telephone Learning Sessions

Date	Time	Topic
Monday, August 10th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Financial Planning for Caregivers and Loved Ones with Tena Burrell <i>What can you do as a family caregiver to start the conversation with older loved ones about planning for current and future financial needs as health and independence changes? Learn tools and participate in a question and answer session with Tena Burrell, Certified Senior Advisor as well as other financial certifications and licensures. Sponsored by the North Central Texas Caregiver Teleconnection</i>
Tuesday, August 18th	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	Coping with Caregiver Stress with Tam Cummings, PhD <i>Therapists estimate dementia family caregivers suffer the highest levels of anxiety and depression of any group of caregivers. In this practical presentation, Tam covers the signs and symptoms of depression and anxiety, and their physical impact on caregivers. She also teaches and practices with audience members a number of proven, easy techniques to control and relieve stress.</i>
Thursday, August 27th	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	When Enough is Enough: Setting Personal Boundaries as a Caregiver with Evelyn Grebb, LMSW <i>Setting personal boundaries is an important step in managing the stress of caregiving. This session will help participants understand what it means to set boundaries, why it is important to set boundaries, and strategies for setting boundaries. Participants will hear strategies from other caregivers on this important topic and will be able to share their own questions and comments.</i>

Call. Learn. Share.
Confidential. Free.



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You can Register online at www.caregiverteleconnection.org or
call **866.390.6491 Toll Free** between the hours of 8 to 5 M - F (central standard time) to
register via phone

*****You must pre-register at least 24 hours prior to the classes*****