

Building Better Caregivers Workshop



Location: Government Center
400 North Valley Parkway
Community Room
Lewisville, Texas 75067

There is no cost but space is limited!

Registration Required.

For more information and to reserve your seat,

contact Kim Mathis at (940) 999-1024

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Funded in part by Texas Health and Human Services Commission. A program of the North Central Texas Council of Governments.

Learn about:

- Skills that may lead to stress reduction for caregiver and the care partner
- Self-care methods to improve caregiver's health
- Dealing with difficult emotions
- Increasing communication skills
- Managing difficult care partner behaviors
- Planning for the future
- Information about resources



Six Wednesday's

January 23 -

February 27, 2019

10:00 am—12:30 pm