



ALAMO CAREGIVER TELEPHONE LEARNING SESSIONS

MONTH	DATE	TIME	TOPIC
JULY	Wednesday, July 7th	9:00 am	The Tell Tale Signs of Caregiver Stress
	Wednesday, July 21st	4:00 pm	Living Guilt Free
AUGUST	Wednesday, August 4th	7:00 pm	How Do I Spell Relief: A Caregiver's Guide to Stress Management
	Wednesday, August 11th	7:00 pm	For Better or For Worse: The Challenges of Caring for a Husband or Wife
	Thursday, August 26th	9:00 am	Developing a Care Plan: Know Your Future Now
SEPTEMBER	Wednesday, September 22nd	11:30 am	At the End of My Rope: Warning Signs for Caregiver Burnout
	Wednesday, September 29th	11:30 am	Balancing Work and Caring for a Family Member

**For more information, visit our website at www.caregiverteleconnection.org
or call (210) 877-7987 or (866) 390-6491 Toll Free**

