

Support for Those Caring for a Loved One



One-Hour Caregiver Support Workshop

This monthly series will inspire caregivers to better care for themselves and teach them practical tips and tricks to be able to better care for their loved one who is living with serious illness.

The first online workshop will be held on **January 26, 2021 from 2:00 p.m. - 3:00 p.m.** The presentation begins with thirty minutes to discuss the importance of self-care, compassion fatigue, tips on giving a bed bath, and how to provide mouth care. The presentation will be followed by a thirty-minute question-and-answer session.

Once registered, attendees will receive instructions about logging into StartMeeting, an online meeting platform, to participate.

**For more information or to register:
(856) 552-3285 or info@SamaritanNJ.org.**

This workshop is presented by The Samaritan Institute for Education, Research & Innovation.