

**To join Stress Busting Class please pre-register.
 Para participar en el Programa para Eliminar el Estrés en
 los Cuidadores favor de registrarse previamente.
 956-630-6667 Cupo Limitado**

			1 Stress Busting Class 1 1:15 Eng.; 3:00 Span	2
5	6 11:00 a.m	7 TeleConnection: Travel Tips for Caregivers 11a.m	8 Stress Busting Class 2 1:15 Eng.; 3:00 Span.	9
12 TeleConnection: Communicating with Health Care Providers 12:00 p.m	13 "Compassion in Action" Support Group 11:00 p.m.	14	15 Stress Busting Class 3 1:15 Eng; 3:00 Span.	16
19	20 Grupo de Apoyo para Cuidadores de Personas Adultas Mayores 11:00 am	21 TeleConnection: Anticipatory Grief for Dementia Caregivers 1:00 p.m.	22 Stress Busting Class 4 1:15 Eng.; 3:00 Span	23
26 TeleConnection: Brain Savers 11:00 p.m.	27	28	29 Stress Busting Class 5 1:15 Eng.; 3:00 Span	30

**Free and Bilingual
 programs designed to
 educate and empower
 family caregivers--give
 us a call 956-630-6667**



Programs Partially
 funded by 

