


3 Caregiver SOS Will be closed today.	4 Closed 	5	6 Stress Busting 3:00 Español	7
10 TeleConnection: Avoiding Caregiver Isolation 12:00pm	11 Stress Busting @ Bridges Memory Care 2:00 p.m.	12	13 Stress Busting 3:00 Español	14
17	18 "Compassion in Action" Support Group 11:00 p.m. Stress Busting @ Bridges Memory Care 2:00 p.m.	19 TeleConnection: Dealing with Sex and Other Dementia Related Surprises 12:00 pm	20 Stress Busting 3:00 Español	21
24 TeleConnection Enough is 'Enough when Setting Personal Boundaries 11:00am	25 Grupo de Apoyo para Cuidadores de Personas Adultas Mayores 11:00 am Stress Busting @ Bridges Memory Care 2:00 p.m.	26	27 Stress Busting 3:00 Español	28
31	27 Stress Busting @ Bridges Memory Care 2:00 p.m.	28	29 Stress Busting 3:00 Español	30

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