

	1	2	3 Stress Busting 3:00 Español	4
7 TeleConnection: Identifying and Working with Combative Dementia Behavior 1pm	8 Stress Busting @ Bridges Memory Care 2:00 p.m.	9	10 Stress Busting 3:00 Español	11
14 TeleConnection: Assessing Needs and Finding Community & Online Resources 12 pm	15 Grupo de Apoyo para Cuidadores de Personas Adultas Mayores 11:00am "Stress Busting @ Bridges Memory Care 2:00 pm	16	17 Stress Busting 3:00 Español	18
21	22 "Compassion in Action" Support Group 11:00am Stress Busting @ Bridges Memory Care 2:00 p.m.	23 TeleConnection: Caregiving As A Human Right Issue 2:00 pm	24	25
28	29 TeleConnection: Caregivers and Grief & Loss 11am	30	31	

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



Programs Partially funded by 

