

February 2018


Supporting seniors and family caregivers

**Pre-registering for Stress Busting Classes.
 Space is limited. 956-630-6667
 Registrando para la clase de Manejo del
 Estrés. Cupo Limitado. 956-630-6667**

			1 TeleConnection Mindfulness 10 am	2
5	6 Compassion in Action Support Group -Eng. 11 a.m.	7	8 TeleConnection "Dear Lucy" Q & A 12 pm	9
12 TeleConnection Planning Family Meetings for Caregivers 12 pm	13	14	15	16
19 TeleConnection Managging Family Conflict During Caregiving 11am	20 Compassion in Action—Spanish (Grupo de Apoyo Para Cuidadores,) 11:00 a.m.	21	22 TeleConnection "Dear Lucy" Q & A 12am	23

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



Programs Partially
 funded by: 

**1301 E. Fern Ave. Ste B4
 McAllen, Texas 78501
 956-630-6667**

Community Presentations:
 Feb 12th Retired Teacher's Association
 Feb 23rd Retama Nursing Home

Is caring for an older loved one creating significant stress in your life, call us we can provide you free resources. Si el cuidar de un adulto mayor te está generando mucho estrés, hablemos, podemos ayudarte. **956-630-6667**

