

			1	2 **Stress Busting Class#5 Senior Care Edinburg- 10am-11:30am
5 9am-12am Coffee with Mari (A place of support for individual Caregivers)	6 Teleconnection- Spanish La dinamica familiar y la demencia 10am-11am	7	8 Teleconnection Dear Lucy 10am-11am	9 **Stress Busting Class#6 Senior Care Edinburg- 10am-11:30am
12 Teleconnection Dealing with Difficult Behaviors 12pm-1pm	13	14 Teleconnection Planning a Holiday trip to see a loved one 11am-12noon	15	16 **Stress Busting Class#7 Senior Care Edinburg- 10am-11:30am
19 9am-12am Coffee with Mari (A place of support for individual Caregivers)	20	21	22 Thanksgiving Holiday	23 Thanksgiving Holiday
26	27	28 Teleconnection Dealing with Dementia 11am-12pm	29	30**Stress Busting Class#8 10am-11:30am

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



Programs Partially funded by: 

**Hidalgo County
Caregiver Support Specialist
Mari Ortega
956-630-6667**



*Teleconnection Learn by phone Call 866-390-6491 to register
**Stress Busting Class-pre register 956-630-6667