

Caring for the Caregiver



More than 56% of family caregivers work full-time jobs. It takes time, commitment, energy organizational skills and above all, love to be a caregiver - but we must remember to give care to ourselves as well. This 2-hour training is relevant for anyone who is in a caregiving relationship:

- Aging parent(s)
- Incapacitated spouse
- mentally or physically challenged children
- and more!

Join us in person or virtual for education, resources, checklists, support and 2 PLN component points.

Registration:

Go to [PLN](#) to register and reserve your seat today!

Course #: 33829 Section #: 137119

Virtual option available. [Must register using this link to access virtual.](#)

Tuesday, November 11

5:00-7:00pm

Administration Building

301 4th St. SW, Largo, FL 33770

Room 203

For questions or registration issues, please contact hillca@pcsb.org.
Training provided by Resources for Living Employee Assistance Program