

THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



Can you believe it's summer?! We made it! Time to enjoy the sunshine (and rain) and enjoy the outdoors. We have a lot of awesome things coming your way for summer! The details are on the next page!

QUOTE OF THE MONTH

“What good is the warmth of summer, without the cold of winter to give it sweetness.”

— John Steinbeck, *Travels with Charley: In Search of America*

WHAT'S HAPPENING?

BY AMBER CHAPMAN, FAMILY CAREGIVER AND
HEALTH PROMOTION SPECIALIST

We have some educational/fun events for you this summer!

Elder Abuse Webinar; Learn how to prevent and approach abuse as a caregiver.

June 10th, 2021

1:00 p.m.-2:30 p.m.

[Click this link to register](#)

Powerful Tools for Caregivers Learn new skills to use on your caregiving journey. All virtual.

Beginning June 15th to 18th

To register, contact Amber Chapman

Trualta; This new online caregiver education platform has hundreds of classes for you ranging from coping mechanisms, relaxation techniques, how to properly lift and move your loved one, and more! Best part? It's FREE

To enroll; Contact Amber Chapman (see info above)

We sincerely hope you will join us!

[Click here for our website!](#)