



# Caregiver Workshop Series

Loved ones who are responsible for providing care for their family member face a unique set of challenges. This series will explore those challenges and offer helpful tips and strategies. All sessions are free and open to the public.

**February 26**

**March 26**

**April 23**



**6 pm**



**SV Center  
at Snyder Village  
Metamora, IL**



## **Monday, February 26—6 pm**

**Caregiver Self-Care : Sometimes It's OK to be Selfish!** — Too often, caregivers put their own needs and care last. Join us for this informational and interactive session to learn better ways to practice self-care while being a caregiver.

## **Monday, March 26—6 pm**

**Caregiver Communication & Conflict Resolution: Why can't we just all get along?** — Emotions and tensions run high within families when a loved one requires additional care. This informational workshop explores positive ways to communicate needs, conflict resolution skills and assertiveness awareness.

## **Monday, April 23—6 pm**

**Having the Hard Conversations** — How and when do we have the difficult conversations surrounding a loved one's care? Talking to a loved one about accepting help or transitioning into a care facility can be difficult topics. We'll offer strategies for having those conversations.

## **Presenter**

*Tabatha Poppenga*  
Bradley University  
Counseling Research & Training Clinic

## **Respite Care**

Affordable respite care is available from Snyder Village Home Care professionals, who can come to the home to stay with your loved one so you may attend. Call (309) 367-2300 five days in advance.

**RSVP to Marty to help with planning:**

phone (309) 367-4900

or

email: [mwinemiller@snydervillage.com](mailto:mwinemiller@snydervillage.com)



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