

Join Us

Understanding Caregiver Stress and Self-care Strategies

Taking care of a loved one is a labor of love. However, caregiving can also be stressful. This presentation will discuss the physical, emotional, and financial stressors that caregivers may face. Caregivers need to take care of their own well-being in order to be able to care for another person. Participants will hear current caregiving statistics and facts. They will engage in discussions about the stressors that caregivers face. Participants will be provided with strategies for self-care and resources that may help caregivers navigate their many responsibilities. We will encourage attendees to think about their own experiences with caregiving, past, present, and future; and how to prioritize their own wellbeing. Participants will be introduced to the Community Resiliency Model (CRM), a biological model that uses simple skills to grow resiliency and manage toxic stress and trauma.

**Wednesday, September 27th, 2023,
7:00 pm-8:15 pm CST
In-Person at Niles Library 6960 W.
Oakton St. Niles, Illinois 60714
Commons Meeting Room A&B**



Registration

[Click here to register](#)

