

A Confident Caregiver Series

Spring Sessions

Join us for our **FREE** Confident Caregiver Series — weekly sessions designed to help you feel more confident, connected, and supported while caring for your loved one.

Respite available upon request, refreshments provided.

*Every Tuesday in April
Four Weeks, Four Sessions
Choose the sessions that are right for you*

APRIL 7TH: PATHWAY TO COUNTY AND COMMUNITY SUPPORTS FOR LONG TERM PLANNING

Colleen Jensen, MSW, LICSW
Allina Heath Care

APRIL 14TH: UNDERSTANDING CAREGIVER STRESS

Leah Barron, LSW & Katelyn Roiland, Care Transition Coordinator
St Croix Hospice

APRIL 21ST: RESTORING BALANCE: SOMATIC TOOLS TO PREVENT CAREGIVER BURNOUT

Jenna Eldstrom, RN, PHN, NC-BC
Deeply Rooted Health Coaching, LLC

APRIL 28TH: NAVIGATING RESOURCES WITH MINNESOTA AGING PATHWAYS

Kisha Burgett, LSW & Natalie Morey Resource Coordinators
Minnesota Aging Pathways

More Information

**ALL SESSIONS WILL BE HELD AT GUARDIAN ANGELS CORPORATE OFFICE:
508 FREEPORT AVE NW, ELK RIVER, MN 55330
9AM-10AM REFRESHMENTS AND SOCIALIZE
10AM-11AM PRESENTATION**

Scan for additional information

RSVP

Sessions will be available in person, virtually & recorded.

*For more information or to sign up contact
Stacy at: 763.270.3370 or smohs@thryvemn.org*

