



Fall Caregiver Workshop

701 N. Post Oak Road, Suite 330
Houston, TX 77024

Address Service Requested



CHRIST the REDEEMER
Catholic Church
Archdiocese of Galveston-Houston

Workshop:

September 8, 2019

12:30 p.m. - 4:00 p.m. • Parish Office Building

Christ the Redeemer Catholic Church
11507 Huffmeister Road
Houston, TX 77065

Register Online

www.CarePartnersTexas.org

or call

713-682-5995

Workshops are provided free of charge.

Respite will be provided but pre-registration is required.

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Fall Caregiver Workshop

The Importance of Caring for You

Lisa Milliken, MA, CCC-SLP, FNAP, CDP Education Specialist, ASHA CE Administrator

1:00 p.m.- 2:15 p.m.

The prolonged stress of caregiving often results in significant physiological risks, to include decreased immunity and disease onsets in the body. In addition, caregivers often report a decreased attention on their own health, due to the focus on caring for their loved one. This session will share the health risks associated with caregiving and will then focus on empowering attendees with simple steps to optimize their own health, so they can continue to be present for their loved ones.

Finding Joy and Peace in Caregiving

Kelsey Johnson, MA, NCC, LPC Intern

2:30 p.m.-3:45 p.m.

Is it possible to be a joyful, peaceful caregiver? As a caregiver, you are constantly giving of yourself and focusing on another; it's time to focus on you. It is possible to care for others while also caring for your own emotional and spiritual needs. By implementing self-care, learning where to set boundaries, finding meaning in the trials, leaning on the support of others, and knowing your own identity, you can be both a dedicated caregiver and a healthy, thriving individual.