



Elder & Adult Care Workshops



Education Network Meetings

Caregiver Support &

Are you providing care for an adult family member, spouse, or friend, either locally or long distance? Perhaps the one you care for is living in a facility, independently in their own home, or in your home. If so, you are invited to attend meetings of the Caregiver Support & Education Network. Participants are welcome to attend when their schedule allows. Caregivers come together to share the challenges, joys and resources of caregiving as well as listen to occasional speakers presenting on topics of interest specifically to caregivers. Facilitators will share strategies, tools, and resources for coping with stress, caregiver guilt, and burnout as well as information on local/national resources that may assist you. Meetings will be held via Zoom until further notice.

Questions? Contact Diane Bradac, sdb39@cornell.edu.

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General Discussion and Sharing Dates

- March 16, 2021, 12-1:00 pm
- April 22, 2021, 12-1:00 pm
- May 18, 2021, 12-1:00 pm

Past meeting recordings:

- [Palliative Care and Hospice Services with Deb Traunstein](#)

If you want to receive the recording or if you have questions, please email worklife@cornell.edu

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