Elder & Adult Care Workshops

Caregiver Support & Education Network Meetings

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. Attendees are welcome to bring their lunch.

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

General Discussion and Sharing

12-1:00 p.m., 321 Weill Hall (except August 17)

No registration needed

- August 17 (221 Weill)
- September 21
- October 19
- November 16
- December 14