



Caring for the *Caregiver*

During National Caregivers Month in November, join the EACC for a three-week supportive group that gives caregivers a space to process stressors and reconnect with their foundational selves. Exercises such as art therapy directives and group processing invite participants to pause, focus on their own care and initiate self-discovery. (No art experience required.)

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Caring for the Caregiver is designed for active caregivers — those who work in a professional caregiving role, members of the “sandwich generation,” or anyone who provides regular support to others in a meaningful way.

WHEN & WHERE:

Group meets Friday, November 6;
Friday, November 13; and
Friday, November 20; 3:30- 4:30 p.m.,
West Pavilion Conference Center

WHO:

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood, Trussville and Tarrant City Schools and i3 Academy employees and members of their immediate household.

REGISTRATION:

Contact carriemay@uabmc.edu to register or with any questions. To request disability accommodations, email HRAWARE@uab.edu.