

for Caregivers



2024 Well Being Circles

Family Caregivers are at risk for stress or worse - burnout.

You will not find more time in the day; however, there are things you can do to reduce stress and build emotional resilience.

In a **Caregiver Well Being** circle, you will experience 60 minutes of healthy coping strategies and tools that you can apply in the moments of every day, including:

- **Emotional resilience tools**
- **Breathing practices**
- **Healthy movement**
- **Caregiver affirmations and resources**

These strategies can be used while showering, doing dishes, or even while actively caring for a family member or friend. You will also gain a warm and supportive community as well as personal self-care plans and check-ins.



Dates

Every Thursday
in April from 5 pm - 6 pm
Each session is a stand alone so attend as
your schedule allows.

To reserve your spot for these free virtual programs, send an email to aaasupport@loudoun.gov or call 703-777-0259

The education, tools and skills that will be employed are rooted in evidenced based science that has shown results in strengthening mental emotional, and physical health in a supportive community.

LOUDOUN COUNTY AREA AGENCY ON AGING

LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION & COMMUNITY SERVICES

If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact adaptrec@loudoun.gov, 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days of notice.

