



CAREGIVER WORKSHOPS



With generous support from WSFS bank, Easterseals will be hosting Caregiver Workshops each month in New Castle and Sussex counties!

Come grab a snack, meet other caregivers, and learn some tools to help hone your skills as a caregiver.

WHERE

New Castle:

61 Corporate Circle, New Castle DE 19720
Large Conference Room (Entrance 2)

Sussex:

22317 DuPont Blvd, Georgetown DE 19947
Large Conference Room (1st floor)

WHEN

Each Month 10:00 am-11:30 am

New Castle: Third Wednesday

*Can't make it in person? Visit www.facebook.com/EastersealsDE to watch this presentation on Facebook live! You can ask your questions and interact with us there.

Sussex: Third Thursday

Workshops are free, but registration is required. Please call (302) 221-2087 or email resources@esdel.org to register.

SAVE THE DATE!

February:

"Hospice: It's More Than You Think"

March:

"Think First to Prevent Falls"

April:

"Making Your Home Safe to Prevent Falls"

May:

"Exercise to Prevent Falls"

June:

"Managing Medication to Prevent Falls"

July:

"Social Security 101"

August:

"Parenting the Second Time Around – Working with your Grandchild's School"

Each workshop you attend increases your chance for one of our year-end prizes!

August 28

Easterseals Annual Caregiver Conference