



Caring for the Caregiver: A Monthly Webinar Series

Are you a family caregiver living in Massachusetts?

- Your **support and care** may include managing medications, getting to a doctor's appointment, helping with groceries, or organizing finances.
- If you care for a loved one who is **older** and/or living with a **disability or illness**, you are a family caregiver.

No matter where you are in your journey – from just starting to plan to providing full-time care – caregiving may cause emotional, physical, and financial stress.



This monthly webinar series will bring simple tips, practical solutions, and awareness of community resources to family caregivers throughout Massachusetts.

JOIN US FOR THE SERIES LAUNCH

Wednesday, May 5 | 12 - 1 PM

REGISTRATION: [**bit.ly/3tJbNpa**](http://bit.ly/3tJbNpa)

Free of Charge Open to ALL Family Caregivers

Future Webinar Topics:

- Stress & Self-Care
- Grief and Loss
- Complex Family Dynamics
- Avoiding Fraud
- Balancing Responsibilities
- Financial Planning