

# CAREGIVER SUPPORT

Caring for a loved one who is ill is stressful and exhausting. It can be a profoundly isolating and lonely experience. Caregivers need support to help them find the strength to endure and carry on.

*Visiting Nurse & Hospice of Fairfield County invites you to attend a free workshop for caregivers, via Zoom, where you will find support, empathy, information and understanding along with others who are in similar circumstances and caring for a loved one who's ill.*



## **CAREGIVER SUPPORT WORKSHOP VIA ZOOM:**

### **Self-Care for the Caregiver**

*with Shelia Russo, LCSW*

**Tuesday, August 11<sup>th</sup> from 7:00 until 8:30 p.m.**



**Visiting Nurse  
& Hospice**  
of Fairfield County 

*Trusted care. When you need it most. ®*

This workshop is offered free-of-charge by Visiting Nurse & Hospice of Fairfield County and will be conducted online via Zoom. Please call Laura Rundell at 203-762-8958, ext. 316 to pre-register for the Caregiver Workshop. You will receive an email with the Zoom meeting link.