



# Caregiver Support Line (CSL)

Monthly Education Calls

April-June 2024

Caring for yourself is the best thing you can do for those who depend on you. The CSL offers monthly educational calls on topics for caregivers. These calls are offered four times per month, so you can listen in the comfort of your own home.

## April: Money Management (Let's Talk About Money: Managing Your Financial Reality)

Tues 4/02/24 - 10 a.m. Eastern (9 a.m. Central, 8 a.m. Mountain, 7 a.m. Pacific, 6 a.m. Alaska, 4 a.m. Hawaii)

Wed 4/10/24 - 7 p.m. Eastern (6 p.m. Central, 5 p.m. Mountain, 4 p.m. Pacific, 3 p.m. Alaska, 1 p.m. Hawaii)

Wed 4/17/24 - 3 p.m. Eastern (2 p.m. Central, 1 p.m. Mountain, 12 p.m. Pacific, 11 a.m. Alaska, 9 a.m. Hawaii)

\*Tues 4/23/24 - 1 p.m. Eastern (12 p.m. Central, 11 a.m. Mountain, 10 a.m. Pacific, 9 a.m. Alaska, 7 a.m. Hawaii)

*\*Presented in Spanish*

## May: Burn Out (Burn Out? Okay, Now What?)

Tues 5/07/24 - 10 a.m. Eastern (9 a.m. Central, 8 a.m. Mountain, 7 a.m. Pacific, 6 a.m. Alaska, 4 a.m. Hawaii)

Wed 5/15/24 - 7 p.m. Eastern (6 p.m. Central, 5 p.m. Mountain, 4 p.m. Pacific, 3 p.m. Alaska, 1 p.m. Hawaii)

Wed 5/22/24 - 3 p.m. Eastern (2 p.m. Central, 1 p.m. Mountain, 12 p.m. Pacific, 11 a.m. Alaska, 9 a.m. Hawaii)

\*Tues 5/28/24 - 1 p.m. Eastern (12 p.m. Central, 11 a.m. Mountain, 10 a.m. Pacific, 9 a.m. Alaska, 7 a.m. Hawaii)

*\*Presented in Spanish*

## June: Caregiving for Mental Health (Balance in the Eye of the Storm: Self-Care when Caregiving for a Loved One with Mental Health Concerns)

Tues 6/04/24 - 10 a.m. Eastern (9 a.m. Central, 8 a.m. Mountain, 7 a.m. Pacific, 6 a.m. Alaska, 4 a.m. Hawaii)

Wed 6/12/24 - 7 p.m. Eastern (6 p.m. Central, 5 p.m. Mountain, 4 p.m. Pacific, 3 p.m. Alaska, 1 p.m. Hawaii)

Wed 6/26/24 - 3 p.m. Eastern (2 p.m. Central, 1 p.m. Mountain, 12 p.m. Pacific, 11 a.m. Alaska, 9 a.m. Hawaii)

\*Tues 6/25/24 - 1 p.m. Eastern (12 p.m. Central, 11 a.m. Mountain, 10 a.m. Pacific, 9 a.m. Alaska, 7 a.m. Hawaii)

*\*Presented in Spanish*

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## Three ways to join:

- At the scheduled time of the call, please dial: 1-347-566-4838  
When prompted, enter the following Conference ID: 521 546 087#
- [Click here](#) to join via MS Teams on your computer, mobile app, or room device
- Join via the CSP website listed below by clicking the link on the CSL Monthly Educational Calls/Podcasts [page](#)

*Please note, the first three calls of the month are offered in English. The last call of the month is offered in Spanish.*

