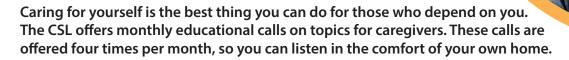


Caregiver Support Line (CSL)

Monthly Education Calls

April-June 2024



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



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#
- <u>Click here</u> 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.







