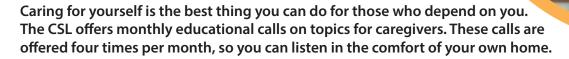


Caregiver Support Line (CSL)

Monthly Education Calls

July-September 2024



July: Roles in Relationships (Dual Caregivers: Surviving and Conquering the Challenges)

Tues 7/09/24 - 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 7/17/24 - 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 7/24/24 - 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 7/30/24 - 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

August: Setting Boundaries (Defining What is Best for You, the Caregiver)

Tues 8/06/24 - 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 8/14/24 - 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 8/21/24 - 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 8/27/24 - 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

September: Identify as a Caregiver (Good Grief: Finding Hope in the Necessary Losses of Being a Caregiver)

Tues 9/03/24 - 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 9/11/24 - 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 9/18/24 - 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 9/24/24 - 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.





