

SUPPORTING CAREGIVERS

Help for Those Who Care for Others



November 2019

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Whether caring for a child or an aging parent, being a caregiver takes time, resources and energy. You can only fulfill that role if you care for yourself first. Support your own wellbeing by utilizing the resources provided. Transitional, emotional and practical support are all available to caregivers struggling to care for themselves.

This program provides confidential counseling, resources and referrals to help support your wellbeing.

WEBINAR

Meeting the Challenges of Multigenerational Caregiving
Available on November 1

This session provides an overview of how to cope with the competing pressures of family life and work while caring for a young and/or elderly relative.



CHRISTIAN
BROTHERS
SERVICES

SUPPORT  LINC
EMPLOYEE ASSISTANCE PROGRAMS

PHONE

1-888-881-LINC (5462)
Confidential Assistance
24 Hours a Day, 365 Days a Year

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