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A LEADING VOICE FOR CAREGIVERS

PRESENTS

Coping with the Coronavirus Outbreak While Caregiving



Wednesdays
March 18th
March 25th
April 1st

Eastern Time 11:00 am
Central Time 10:00 am
Mountain Time 9:00 am
Pacific Time 8:00 am

Dr. Elliot Montgomery Sklar
Lucy Barylak, MSW

Join us as we take your questions and discuss Coronavirus. We'll address:

- Feeling a sense of control
- Not letting fear take over
- How to cope with being quarantined at home, and how to prepare
- How to manage your stress and stay healthy
- Staying positive and seeing a light at the end of the tunnel



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