

# Examining Responsibilities to Adjust Caregiver Load

As caregivers, we often feel pressured to treat all of our responsibilities equally. But giving the same amount of time, attention, resources, or emotional energy to every task is not always the best way to protect ourselves from ongoing stress. Different tasks and responsibilities often have very different needs.

Join us virtually as we examine our responsibilities to adjust and possibly reduce the toll of caregiver load.

This workshop will be offered twice, but you only need to register once. All those who register will receive the recording.



**Wednesday, June 24th**

6:30pm- 7:30pm



[bit.ly/4dAx7GT](https://bit.ly/4dAx7GT)

**Monday, June 29th**

6:30pm- 7:30pm



[bit.ly/43xEjNT](https://bit.ly/43xEjNT)

**Click Link Above or Scan QR Code to Register for the the Zoom Meeting**