

Free Caregiver Education Seminar

Hosted by: Jackson County Department on Aging

Nurturing the Caregiver: Strategies for Overcoming Stress, Burnout, and Isolation

The role of a caregiver can be both rewarding and challenging. This seminar aims to equip caregivers with essential knowledge and practical tools to navigate these challenges, while prioritizing their own well-being.

Learn About:

- ◆ Coping mechanisms for stress, burnout, isolation, and loneliness.
- ◆ Support systems, boundary setting, and self-care.
- ◆ Insights and strategies to enhance your caregiving experience.

Presenters:



Stephanie Huhn is a masters level psychologist in the State of Michigan who specializes in trauma, addiction and the brain. She wants to inspire and promote healing growth and change.



Colin King is a Clinical and Forensic psychologist with more than 24 years experience. He is the leading expert in traumatic brain injury, psychopathology and abnormal behaviors.

Thursday

October 10th, 2023

9 a.m. - 12:00 p.m.

**Refreshments
Provided**

**American 1 Credit Union
Event Center—Keeley Park
Tremaine Room
200 W. Ganson St.
Jackson**

**Limited Seating
Registration is
Required**

by October 5th

Call 517-788-4364



JACKSON COUNTY

Department on Aging