

Workshop DETAILS

Workshop Descriptions



Carol Lapin
Nurturing the Caregiver



Sarah Zawaly, MSW
**A Strength Perspective;
Helping My Grandchildren
Be Their Best**



Stacie Nance
**When Addiction Visits
Your Home**



What does it mean to nurture yourself? To nurture oneself is to treat oneself with caring, kindness and respect. It means to keep oneself physically and emotionally healthy by taking time to meet one's own needs. Nurturing oneself is a necessary pre-requisite to being a nurturing caregiver. How can you take care of someone else when you ignore your own needs? It doesn't make sense on paper and it certainly doesn't work in real life caregiving relationships.

There are 6 categories of needs that your body is programmed by Mother Nature to get satisfied. Ever hear of the phrase "the spices of life"? Well, the needs the humans are required to meet to remain emotionally and physically healthy form the phrase "SPICES" of Life. During this session participants will learn how to meet their own needs so they can nurture their grandchildren.

Participants will gain insights on the latest research to promote and nurture character strengths in themselves and their grandchildren. Grandparents will be able to identify their strengths, their grandchildren's strengths and ways to nurture these strengths in the home environment. Simple strategies to bring out the best in their grandchildren will be learned along with the research to back up these important practices. Participants will learn through min-lectures, videos, dyad discussions, and group participation.

Addiction affects more than 23 million Americans and it is estimated that only 10 percent are receiving the treatment they need. Without help, active addiction can totally disrupt family life and cause harmful effects that can last a lifetime. If the disease of addiction has entered your family or your home, you have probably found yourself asking these familiar questions, "What happened? Where did we go wrong? What do we do now? How do I help them? Will things ever get any better?" The struggles to break addiction and restore lives are uniquely challenging. The purpose of this workshop is for you to learn "You are not alone and there is HOPE!" You will leave this workshop with tools to assist you in helping someone close to you that is battling this disease, a better understanding of what to do and what not to do. You will also learn about support groups in your community to help you connect with other families that have been impacted by this devastating disease!