

POWERFUL TOOLS FOR CAREGIVERS

Monthly Newsletter for PTC Leaders

WELCOME!

*2020 has been a challenging year to say the least, but it has come with great growth and change. We're excited to launch our **first Nevada Statewide PTC Leader Newsletter!** This will be a place to share upcoming workshops, events, helpful tips and resources.*

UPCOMING WORKSHOPS

- Saturdays, September 26- October 31
from 1:00- 2:30 p.m.

--Especially for the Veteran community,
but all are welcome

Register by calling 702-616-4912

- Mondays, October 5th- November 9th
from 1:00- 2:30 p.m.

-- Hosted by UNR

[Click here to register!](#)



HELP US PROMOTE!

Please share the sessions with your caregiver community! By offering these workshops virtually, we can expand our reach.





2020 Caregiver Recognition Virtual Event

Thursday, November 19, 2020
2:00 - 3:00pm PT

Nevada Caregivers Coalition is hosting a virtual celebration to honor our special caregivers in 2020 on Thursday, November 19th from 2:00-3:00 p.m. If you know someone who is a true “unsung hero,” consider recognizing them so they can receive the honor they deserve during the event.

Register and submit your recognitions at: www.nvcaregiverscoalition.com

COMING SOON!

Virtual Caregivers Support Group

Starting in October, we will be meeting every 1st and 3rd Tuesday of the month from 4:00-5:00 p.m. Please email Tori.Diego@DignityHealth.org for the updated Zoom link.



TAKE TIME FOR YOU!

This can take many forms like taking deep breaths, listening to music, or exercising. Find something that allows you to be stress free for even five minutes during your busy schedule.



ANNOUNCEMENTS

If you have any announcements that you would like to share with fellow leaders, please email us.

QUOTE OF THE MONTH

*"Be kinder than necessary, for everyone is fighting some kind of battle."
-Unknown*



FEEDBACK

Please feel free to send us any questions, comments, and concerns.



Thank you!