



Aurora
Mental Health
Center *Live Life to the Fullest*

CAREGIVER RESILIENCE TRAINING

- Move past the cookie-cutter self-care suggestions and learn to develop a comprehensive, ongoing caregiver resilience plan
- Fully understand the effects of trauma, vicarious trauma, compassion fatigue, and caregiver stress
- Learn to identify and enhance the physical, psychological, and spiritual elements that make up our caregiver resilience

Respite and light snacks
provided FREE with
RSVP



TRAINING BY: BRIAN TALLANT

Wednesday (6/12/2019)
5:30-7:30

14280 E. Jewell Ave.
Aurora, CO 80012

RSVP HERE

**Developmental
Pathways**