



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**