



Educational Support Group Webinars for Care Givers

Facilitator – Dale Price, LCSW EMDR Certified, CCO

Topic: Introduction to Mindfulness and Meditation Practices

Wednesdays @ 2:00 pm beginning August 5

Six Week Series – 1 hour per week

- Week 1 – August 5 Defining Mindfulness Practices for Daily Use
- Week 2 – August 12 Developing Self-Awareness through use of deep breathing techniques and muscle relaxation proven to lower stress. Practice session.
- Week 3 – August 19 Discover Auditory and Visual Grounding/Relaxation resources at your fingertips on the web. Practice session.
- Week 4 – August 26 Guided Meditation Practice and Debriefing Session
- Week 5 – September 2 Guided Meditation and Motivation Enhancement Session
- Week 6 – September 9 Guided Meditation Practice and Commitment to Self-Care Session

This series will empower participants to learn a new self-help skill that is an ancient practice withstanding the test of time. Meditation or mindfulness practiced daily or weekly offers you a way to heal the mind, body and spirit by drawing self-back to the present. Avoiding worry about what is in the past or yet to come is a great way to alleviate and avoid the accumulation of stress on our bodies and mind. Join us for this wonderful life lesson!

Register here: https://us02web.zoom.us/webinar/register/WN_e8f9wbu8TCuTJNXcQ9P-WQ

Topic: Introduction to Coping with Change Workshop

Thursdays @ 2:00 pm beginning August 6

Six Week Series – 1 hour per week

- Week 1 – August 6 Education on the Neurobiology (brain science) of Change
- Week 2 – August 13 Understanding Fight, Flight or Freeze Responses in Real Life under Real Duress
- Week 3 – August 20 Normalizing Big and Small Reactions to Stress Associated with Change
- Week 4 – August 27 Recognizing and Deescalating BIG Emotional responses
- Week 5 – September 3 Learning how to Accept Life's Changes in Real Time
- Week 6 – September 10 Embracing Change – A Human Experience

This series is designed to help us embrace our true nature which is that the only thing in life that is permanent is impermanence! Change is inevitable but triggers our capacity to cope and that too is part of the human endeavor. Take time to refresh yourself in what you know to be true and practice staying grounded in the face of change and even learn how to embrace the changes you face in all conditions in life.

Register Here: https://us02web.zoom.us/webinar/register/WN_IBO4IIV-QCSBIbrfvjAlcA

Questions? Call us at 407-423-5311 or email Kim Fairall at kfairall@helpforcaregivers.org
These webinars are free. Participants must have access to Zoom to attend.