Care2Caregivers

**WEBINAR: DEC 10th, 2025 | 1:00 - 2:30pm**

# *Managing the Holiday Season:* Caregiver Strategies for Coping, Connecting, and Self-Care

The holiday season can bring unique challenges for those caring for a family member with memory loss. Along with added responsibilities and expectations, caregivers may experience heightened stress, grief, or loneliness, which can take a toll on emotional well-being. With a few practical strategies, it's possible to rediscover the joy and meaning of the season. Join us to explore helpful tips for managing stress, nurturing connection, and creating peaceful, fulfilling celebrations for you and your family.

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**FOR MORE INFORMATION:**

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