



Creating a Season of Joy as a Caregiver

HELPFUL HINTS FOR THE HOLIDAYS

Did you know nearly 4 in 10 family caregivers say they feel overwhelmed during the holidays? If you're caring for a loved one, remember — it's okay to ask for and accept help. You deserve time to relax, recharge, and enjoy the season's traditions.

Join us for an uplifting conversation on creating *a season filled with joy*. You'll discover practical ways to prevent caregiver burnout, reduce stress, and make room for meaningful moments with loved ones.

CSL The West End
November 11th, 11 a.m. - 12 p.m.

at Three Chopt Church of Christ
9500 Three Chopt Road, Richmond

RSVP 804-415-8839

CSL Bon Air
November 12th, 12 - 1 p.m.

at Bon Air United Methodist Church
1645 Buford Avenue, Richmond

RSVP 804-913-2920

CSL Chesterfield
November 12th, 1 - 2 p.m.
at the Broad Rock Library Meeting Room
4820 Old Warwick Road, Richmond

RSVP 804-538-4702



Welcome Home

Scan the code or call to
RSVP for an event and reserve
your Holiday Caregiver Support Kit.

