



# Caregiver Talking Points

Join us for a one-hour webinars that teach family and community caregivers how to more easily manage and navigate care. Invite your neighbors, or your siblings from other locations, to attend with you.

## 2022 Webinar Schedule—February to June

**Held the first and third Thursday of each month, 1:00 to 2:00 pm**

Only those who register will receive the link to the webinar. A reminder email will arrive 30 minutes before each webinar to help you find the link more easily.

Feb 3	Helping Others Accept Care
Feb 17	Setting Boundaries
Mar 3	Building Caregiver Resilience
Mar 17	Clarifying Concerns
April 7	Improving Communication
April 21	Getting Creative
May 5	Locating Legal Support
May 19	Understanding Behaviors
Jun 2	Calming Behaviors
Jun 16	Working with Behaviors

**Call**  
**385.468.3281**  
or email  
[ksnelson@slco.org](mailto:ksnelson@slco.org)  
to register



### Salt Lake County Aging & Adult Services

2001 S State Street SI-600, Salt Lake City, Utah 84190

385.468.3280 | TTY 7-1-1 | [slco.org/caregiver](http://slco.org/caregiver) | #slcoaging | @slcoaging

Need another location? Visit [eldercare.acl.gov](http://eldercare.acl.gov) for an Area Agency on Aging near you.