



Caregiver Talking Points

Join us for discussions of up to one-hour Caregiver Talking Point webinars that assist family and non-professional caregivers to more easily manage and navigate care.

2025 Caregiver Talking Point Discussions (on WebEx)

Held the 4th Wednesday of each month from 12 Noon to 1:00 PM

Classes are free but require a reservation. A reminder email with the virtual WebEx link is sent before each webinar to help you participate more easily.

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|---------------|--------------------------------------------------------------------------|
| Jan 22 | Caring for Others |
| Feb 26 | Identifying Abilities (for the caregiver and their care receiver) |
| Mar 26 | Improving Communication |
| Apr 23 | Setting Boundaries |
| May 28 | Building Resilience |
| Jun 25 | Asking for Help |
| Jul 23 | Calming Behaviors |
| Aug 27 | Embracing Technology |
| Sep 24 | Managing Loss |
| Oct 22 | Holding End of Life Discussions |

Do you need help signing up online?

Call Kathy at
385-468-3281

Sign up online at:

monami.io/calendars/salt-lake-county-aging-adult-services



Salt Lake County Aging & Adult Services

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