





# Free Telephone Learning Sessions

Date	Central Time	Topic
Tuesday, January 14th	7:00 pm	Medicare and Long-Term Care: Maximizing Your Benefits With Evalyn Greb, LCSW
Thursday, January 16th	12:00 pm & 7:00 pm	The Caregiver Toolbox: Communication With Andy Crocker, MS (45 min. session) Sponsored by the North Central Texas Caregiver Teleconnection
Thursday, January 30th	2:00 pm	What's Happening with Medicare? Important Changes in 2014 With Lynda Hermes

## New 30-Minute Caregiver Break Sessions: Especially for Working Caregivers

Thursday, January 9th	12:15 pm	Caregiver 101 With Evalyn Greb, LCSW	
Thursday, January 23rd	12:15 pm	Managing the Difficult Behaviors of a Loved One With Evalyn Greb, LCSW	

The Caregiver Teleconnection is a free, safe, and confidential program that uses the telephone to connect family caregivers with trusted professionals and other caregivers.

**"Tele-learning"** sessions last one hour and are led by expert facilitators on a variety of topics of interest to family members caring for a loved one. The sessions can be accessed from anywhere via your telephone: no need to get dressed up, to find transportation, or to get a sitter.

**Call. Learn. Share.**  
**Confidential. Free.**



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Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or  
call **866.390.6491 Toll Free** between the hours of 8 to 5 M - F to register via phone