



# Free Telephone Learning Sessions

## ***PRESENTS THE 30-MINUTE CAREGIVER BREAK***

Caregiving 101

**Thursday, January 9th**  
**12:15 pm (Central Time)**

### ***Special guest speaker***

**Evalyn Greb**

**Licensed Clinical Social Worker**



Are you a caregiver? If so, you are not alone! This session will help you learn how to ask for what you need, to set personal limits, and to find resources and supports to be a successful, healthy caregiver. There will be an opportunity for caregivers to share what they do to keep from getting lost in the caregiver role.

**E**valyn Greb graduated in 1973 with a Master of Science in Social Work, emphasis in Community Organization, from San Diego State University and is a licensed clinical social worker. Evalyn administered eight case management programs for elderly and disabled persons while working for the County of San Diego, as well as the Long Term Care Integration Project.

**To register please call:**  
**(866) 390-6491 Toll Free**  
**or visit [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)**



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