





# Free Telephone Learning Sessions

Date	Central Time	Topic
Tuesday, October 8th	10:00 am	The Times They Are A-Changing Earl E Shelp, PhD. Sponsored by the Harris County Caregiver Teleconnection
Thursday, October 10th	12:00 pm & 7:00 pm	Caregiving Takes a Village: Practical Tips for Sharing Caregiving Responsibilities with Siblings, Other Family Members and the Community With Pam Brandon, CSA and Zanda Hilger, LPC (45 min. session) Sponsored by the North Central Texas Caregiver Teleconnection
Wednesday, October 23rd	2:00 pm	Respite: What is it and How do you find it? With Helen Flores
Tuesday, October 29th	4:00 pm	The Impact of Domestic Violence on Older Adults with Joann Tobias-Molina, APS Regional Director

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

Thursday, October 3rd	12:15 pm	Ideas for Increasing Family Involvement With Evalyn Greb, LCSW	
Thursday, October 17th	12:15 pm	Relocation Planning: Moving Your loved One from Home to a Facility 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