



# CAREGIVER WORKSHOPS



With generous support from WSFS bank, Easterseals will be hosting Caregiver Workshops each month in New Castle and Sussex counties!

Come grab a snack, meet other caregivers, and learn some tools to help hone your skills as a caregiver.

## WHERE

### New Castle:

61 Corporate Circle, New Castle DE 19720  
Large Conference Room (Entrance 2)

### Sussex:

22317 DuPont Blvd, Georgetown DE 19947  
Large Conference Room (1st floor)

## WHEN

Each Month 10:00 am-11:30 am

### New Castle: Third Wednesday

\*Can't make it in person? Visit [www.facebook.com/EastersealsDE](http://www.facebook.com/EastersealsDE) to watch this presentation on Facebook live! You can ask your questions and interact with us there.

### Sussex: Third Thursday

Workshops are free, but registration is required. Please call (302) 221-2087 or email [resources@esdel.org](mailto:resources@esdel.org) to register.

## SAVE THE DATE!

### March:

"Think First to Prevent Falls"

### April:

"Making Your Home Safe to Prevent Falls"

### May:

"Exercise to Prevent Falls"

### June:

"Managing Medication to Prevent Falls"

### July:

"Social Security 101"

### August:

"Parenting the Second Time Around – Working with your Grandchild's School"

**Each workshop you attend increases your chance for one of our year-end prizes!**

### August 28

**Easterseals Annual Caregiver Conference**