



The Only Constant is Change: Navigating Life's Transitions While Caregiving

Transitions are a natural part of life. For family caregivers however, life changes can come on quickly and strongly. Caregivers often face a myriad of transitions in their own life while simultaneously managing the overwhelming changes occurring in the life of the person they are caring for. This dynamic can bring feelings of confusion, isolation, sadness, and worry.

This presentation will address some of the major life transitions faced by family caregivers and their loved ones, offering strategies for coping with the constant of change and fostering a new perspective on life as it flows.

Presented by:

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Wednesday, February 28, 2024

12:00-1:00pm

Location: Zoom

Click [HERE](#) to register or scan QR code



*For more information, contact Jennifer Salkin at the Goldstone Caregiver Center:
203-739-7027 or Jennifer.Salkin@Nuvancehealth.org*

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