

Caregiver Camp: Care for the Caregiver

Facilitated by
Michelle Stolicker, LMSW

“When we truly care for ourselves, it becomes possible to care far more profoundly about other people. The more alert and sensitive we are to our own needs, the more loving and generous we can be toward others.”
Eda LeShan

Whether you are providing direct care, visiting your loved ones in a nursing home or supporting other family and friends in providing care for a loved one, it is imperative that you take time to care for yourself.

In this workshop you will:

- Complete a caregiver stress assessment
- Identify warning signs of physical or emotional “burnout” for yourself and those close to you
- Explore ways to ask for and accept help
- Identify web and community resources available
- Share “best practices” with other workshop attendees
- Learn and practice some practical stress management techniques

DATE: Wednesday, April 15, 2015

TIME: 4:30 p.m. — 6:00 p.m.

FEE: FREE

**LOCATION: OCM BOCES IEH Campus
RODAX 8 Conference Center
6820 Thompson Road
Syracuse, NY 13221**

If you have questions about the program, contact Michelle Stolicker at
1-800-EAP-8764 or (315) 471-1361.

To accommodate participants, please complete and return by:

April 8, 2015

Caregiver Camp Support & Sharing — April 15, 2015

Name: _____

School Building: _____

School District: _____

Position: _____

School Phone: _____ Home Phone: _____

Email (please print clearly) _____

Return :

**EMPLOYEE ASSISTANCE PROGRAM
c/o OCM BOCES - IEH
MICHELLE STOLICKER
906 SPENCER STREET
PREVENTION NETWORK
SYRACUSE, NEW YORK 13204**