



# Overwhelmed As Caregiver to Your Loved One?

## Discover the **T.H.R.I.V.E** approach to care giving

Attend this workshop if you are facing any of these challenges:

- trying to juggle your time and energy between taking care of your aging family member and the other responsibilities in your own life
- thinking you're all alone and no one understands the stress you're under
- feeling the situation is hopeless or out of your control

**My Caregivers Can Thrive!** workshop  
will provide you with six steps to:

- ✓ **Create a healthier balance in your life**
- ✓ **Honestly convey your needs as caregiver**
- ✓ **Respect yourself as well as others**
- ✓ **Communicate more effectively**
- ✓ **Ease your burden and grow stronger**
- ✓ **Change your perspective of care giving forever**

**Pre-registration is required at (203) 578-5244 or  
on-line at [www.caregiverscanthrive.com](http://www.caregiverscanthrive.com)**

*Deadline to register is Monday, January 28th*



**Strive to Thrive**  
Life & Relationship Coaching

Kathie Nitz is a graduate of  
The Coaches Training Institute  
San Rafael, California

Please join me:



**Thurs., Jan. 31st  
7-9:00 PM**

@

**Kensington Green  
Southbury, CT**

**\$50 general public**

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Family members of  
Kensington Green  
residents are eligible  
for special discounts:

**No charge**  
for one family member

**Reduced rate of \$25**  
for each additional  
family member

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**Maximum of  
30 attendees**