

National Family Caregivers' Support Program  
**SPRING 2010**  
**COMMUNITY WORKSHOP SERIES**

Anne Arundel County Department of Aging and Disabilities  
Mary Fridley, RN, BSN, BC—GeroResources, LLC

**THE 'CARING FOR YOU' SERIES**

**Workshop #1: Is There Help Out There?**

*There are community resources and services available to help caregivers care for disabled loved ones. In this workshop participants will learn what they are and how to access them. Bring your questions and expect answers.*

**Workshop #2: I'm Not Waving, I'm Drowning!**

*The caregiver's job is a difficult but rewarding one that can seem endless. This workshop will teach participants how to effectively manage stress and appreciate the caregiving journey.*

**Workshop#3: Maintaining Energy, Vitality, & Spirituality**

*Physical, emotional, and spiritual health are a package deal with one being dependent on the others. Caregivers will gain knowledge and valuable tips in this workshop on how to strengthen and maintain the "package deal".*

**Annapolis Senior Center**

119 South Villa Avenue, Annapolis  
Mondays: March 1, 8, 15  
2:30-4:30 pm

**Arnold Senior Center**

44 Church Road, Arnold  
Tuesdays: April 13, 20, 27  
6:30-8:30 pm

**Brooklyn Park Senior Center**

202 Hammonds Lane, Brooklyn Park  
Mondays: May 3, 10, 17  
1:00-3:00 pm

**O'Malley Senior Center**

1275 Odenton Road, Odenton  
Wednesdays: June 9, 16, 23  
1:00-3:00 pm

**Pasadena Senior Center**

4103 Mountain Road, Pasadena  
Thursdays: June 3, 10, 17  
1:00-3:00 pm

**Pascal Senior Center**

125 Dorsey Road, Glen Burnie  
Tuesdays: March 9, 16, 23  
6:30-8:30 pm

**South County Senior Center**

27 Stepneys Lane, Edgewater  
Thursdays: April 1, 8, 15  
6:30-8:30 pm

*Sponsored by: Somerford Place Alzheimer's Assisted Living*

To register for this workshop call: **410-222-4464 ext. 3043** or  
**Register on-line** at: <http://www.aacounty.org/Aging/needinCare/compCaregiver.cfm>